

COLLECTOR'S EDITION: OXYGEN IS 100 ISSUES STRONG

oxygen

AUSTRALIA

TRAIN SMART. EAT RIGHT. BE STRONG

Power UP

*your
glutes*

GUILT FREE TREATS

[Healthy pizza?
Yes, please!!]

COVERGIRL
WINNER!

Nicole Hall

**LOW-FAT
FULL-FAT**
what is best?

FIT SKIN
FOR
SUMMER

ARE YOU A
**sugar
addict?**

100th issue!

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BRIDGET FREEMAN

Bridget uses **Earth Protein** every day to support lean muscle growth on a vegetarian diet.



**PROFESSIONAL CLIMBER
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ANNA DAVEY

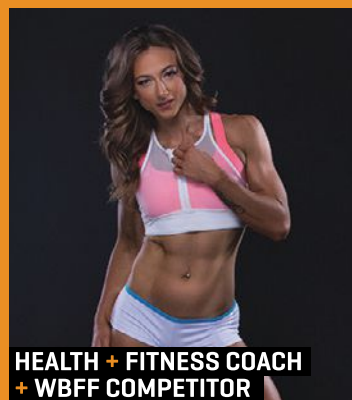
Anna Davey chooses **Pre Workout 101** for a clean energy boost and strength and endurance support for her workouts.



**HEALTH PROMOTER
+ INFLUENCER**

KIMBERLEY GEORGE

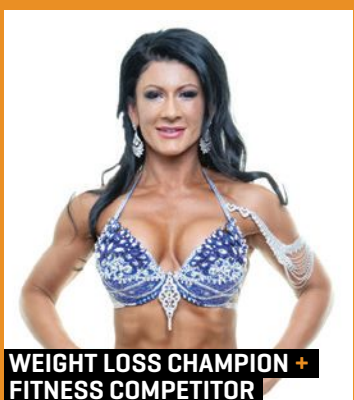
Kim loves taking **Future Whey** as a refreshing pure protein source after a sweaty workout.



**HEALTH + FITNESS COACH
+ WBFF COMPETITOR**

ELLA MARTYN

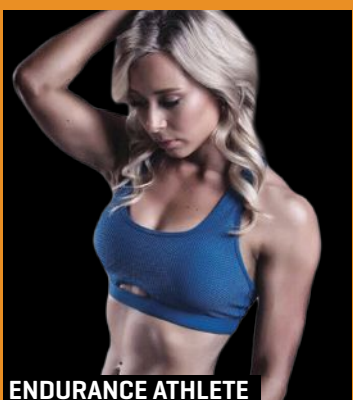
Ella loves the purity of **WPI** and uses it daily to hit her protein goals and build lean muscle.



**WEIGHT LOSS CHAMPION +
FITNESS COMPETITOR**

MARIA BOND

Australian Fitness Champion and Mum of two Maria uses **Thermowhey** to boost fat loss in the lead up to competition.



ENDURANCE ATHLETE

NICOLE FRAIN

Endurance athlete Nicole fuels her body with **Carb+** to ensure she has the energy to perform at her best day in day out.



**MELBOURNE CITY FC
WOMEN'S TEAM**

The Melbourne City FC Women's Team always fuel their performance with **Electrolyte Plus** and restore their muscles with **Hyper Hydrolyse** from the HASTA range of certified supplements.



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She was once an under-nourished cardio addict, but enough was enough for Brisbane personal trainer Nicole Hall who found herself caught in a rut and a toxic relationship with herself. Nicole now shares with Oxygen how she became the proud and confident woman she is today, and how she plans to share her message of self-love and hard work with as many young women as she can.

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Issue 100

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Cover design
by **Rozanna Goddard**
Hair and makeup
by **Kayla Connor**

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EXHALE
Words of wisdom from
those in the know

Hot Air

The 2018 Covergirl Competition has been very different to other years. Traditionally, we have looked at who the person is but also focused on the physical aspects as well. This year we predominantly looked for someone who lives and breathes the Oxygen lifestyle more than in previous years.

We took into account people's stories and who they were, before we even considered what they looked like. This decision was both scary and exciting for us because we truly wanted to align the Covergirl entrants this year with our brand, and to really reinforce that Oxygen is about giving every single person the opportunity to be their best... to be their real and authentic selves and to be happy in their own skin.

I think the diversity of the top ten finalists is a testament to this message and we were super proud to have ten incredible women join us at Oceans Wellness Retreat. I think every single one of them represented themselves in a unique and authentic way. They are ambassadors in their own right, for the community of people that they inspire around them.

I think hitting 100 issues is such a remarkable milestone, especially for myself, Dallas and our team. We have been doing Oxygen for a long time, nearly 13 years, and every single year I love it more and more because it is not just a magazine. Oxygen stands for so much more than just words on a piece of paper. It is such a significant platform for

becoming the best and healthiest version of yourself and we wouldn't be here without you, our incredible Oxy family.

The women (and men) who believe in our message and trust that the content, Covergirls and ambassadors we choose are carefully selected for you, to align with our values and beliefs. Our readers are the sole reason we are here today. YOU have created Oxygen; not me, not Dallas, not our team; it is each and every one of you.

Our longevity and authority in the health, fitness and wellness community is a collective of you. Because you make Oxygen what

it is, and it would be nothing without every single one of you.

Now that we've hit a century and come of age, we will be listening to you even more closely to identify exactly what it is you want to hear. We want to represent you and your needs, and to support you on your journey to accepting who you are in your own skin and becoming the happiest you've ever been.

We are ever evolving, getting STRONGER and going through it with you. We are a force, Oxy fam, and I salute you all for remaining true to your amazing selves.

I'm truly lost for words, I'm so grateful for what Oxygen stands for and I cannot WAIT to reach our next milestone with you all by my side. ○

Lindy



1 ▶ The Yoga Body: Nutritionist, yoga teacher and bestselling author Lola Berry shows you how to achieve and maintain a yoga body, inside and out. Not only will you improve your fitness and flexibility, lose weight and tone up, yoga will also help you to quieten a busy mind and make mindfulness a part of your daily routine. The perfect coffee table book! **RRP: \$34.99**
www.panmacmillan.com.au/9781760552688

2 ▶ Zova Fitness: The new 'Celebrity Classes' feature is one of Australia's most successful fitness/workout apps. With special celebrity guests like Brittney Lee Saunders, Nat Roser, Belle Lucia and Katherine Sabbath, this app delivers a fast, effective workout that will have you sweating and laughing alongside your favourite celebrities, trainers and influencers. **RRP: \$12.99 (monthly membership)**
www.zova.com

3 ▶ EVO Check Phone Case: Gym-proof your phone with an 'EVO Check' case which features a unique check pattern that adds an element of minimalist style to your phone. With 3m of drop protection and a variety of colours to match every aesthetic, this is a case worth checking out. **RRP: \$49.95**
www.tech21.com/en_au/evo-check-iphone-x-rose-tint-white

4 ▶ Retreat Yourself Subscription Box: 'Retreat Yourself' is a seasonal 'treat in a box', designed to educate and inspire you to lead a happy, healthy and fulfilled life. Delivered to your door every 3 months it is a little bundle of goodness worth upwards of \$200 and full of Australia's best natural and organic health, beauty and wellness product for you to discover! **RRP: \$59.95**
www.retreatyourselfbox.com



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Contributors



Kelsey Wells

At the age of 28, Kelsey Wells has become one of the most sought after personal trainers to provide health and fitness advice for women around the world. Kelsey's passion for health and fitness is evident in her two workout programs, PWR and PWR Post Pregnancy, available exclusively within the Sweat App. Kelsey is a National Academy of Sports Medicine (NASM) Certified Personal Trainer with a specialisation in postpartum training.

See page 50 for Kelsey's workout



Christina Turner

Christina Turner is an Accredited Practising Dietitian and Nutritionist. Christina's primary area of focus is eating disorders, where she champions a refreshing non-diet approach, Mindful Eating. In 2012, Christina created the first Mindful Eating course in Australia, which is a comprehensive and convenient online solution for people to change their relationship with food. Christina's qualifications include a Bachelor of Applied Science, majoring in nutritional science (1996) at the University of Canberra, as well as a Masters in Nutrition and Dietetics (2000), at the University of Sydney. She has also held the prestigious position of Senior Teaching Fellow at Bond University since 2015.

Visit her website www.solfood.com.au or Instagram @_christinaturner_

Read Christina's article on page 86



Dr Kieran Kennedy (MBCB, BSc)

Kieran is a medical doctor working and training in psychiatry and mental health. With degrees in Psychology, Human Physiology and Medicine, Kieran holds a passion for fuelling and furthering the health and happiness of the modern man and woman by advocating for our mental health and wellbeing. A long-time writer and fitness fanatic, Kieran isn't your average mental health doc, being an active competitor in men's body building alongside his health and fitness goals. Kieran is passionate about balance in health and life, believing that strength and fitness on the outside starts with fitness on the inside. His goal is to fuel the health and success of Oxygen readers and beyond by strengthening our mental muscle and health within. Instagram @mental_macros

Read Dr Kieran's article on page 84



Stella Gianotto

Stella is fast becoming the go-to branding guru. She is passionate about making branding accessible and understandable for her clients and for industry audiences. Stella teaches her clients how to navigate the muddy waters of branding through real-world examples of branding in our everyday lives, by sharing her roads to success and the lessons she's learned along the way. Stella's industry awards and presence has led to her contribution to several books, Marketing Brands Made Easy, Social Media Marketing: Write Up Your Tweet and Well Spun: Big PR and Social Media Ideas for Small Business. As a small business owner, Stella understands the juggle that every business owner has with time and finances that enables her to help businesses understand how, and why, they should be branding their business.

For more information go to www.brandforbrands.com/stella-gianotto

Read Stella's article on page 96

oxygenmag.com.au

**The 2018
Oxygen
Covergirl
Competition
winner
Nicole Hall:
QUICK
SHOTS**

Our Covergirl Competition winner Nicole Hall has an important message to share and that is to invest in yourself. A familiar experience for many women (and men), Nicole let herself exist in a toxic relationship and it wasn't until she felt her energy completely drain did she decide to pull herself out of the rut. Nowadays the Brisbane babe has come full circle and is drawing on her past to create her happiest and healthiest future, bringing her community of strong women with her.



**CAN'T GET
ENOUGH
OXYGEN?**

Sign up for our free newsletter and have workouts and nutrition tips sent directly to your inbox.

**LET'S GET
SOCIAL:**

Post, pin, tag and tweet us. We want to connect with you online!



KEEP IN TOUCH

Tell us what you like about this issue and let us know what we can do better. Tag us in your posts @oxygenmagau and you could be featured here!



Band + Balance = Burn! You work. You travel. You're busy. Fortunately, the only equipment you need for a solid workout is metal-detector friendly and weighs next to nothing: a resistance band.

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Karina Irby

**Owner / Director of Moana Bikini
and Bikini Body Burn**

FAST FACTS

City: Gold Coast, Queensland

CONNECT WITH KARINA

Instagram: @karinairby

@moana_bikini

@bikini.body.burn

1. You are known for 'keeping it real' across your social channels. How do you maintain your brand?

The best thing about 'keeping it real' and being comfortable in my own skin - and being real amongst those people that follow me - is that even on my bad days, I feel confident to be open and honest about how I look or how I am feeling. My followers and our Moana Army are all so supportive and loving, and they create such a safe and supportive space online, so it would be silly to NOT be honest and real.

It's far easier to 'maintain a brand', especially a personal one, if it's genuine, honest and not forced. Life isn't all positives and it's not always easy, so I don't see any dramas in sharing the times when it isn't. If someone's personal brand is all sunshine and rainbows, you can kind of tell that it's not the full picture.

2. What is your purpose and what drives you to share your life publicly?

In a broad sense, I guess that my purpose is heavily anchored in making girls happy, comfortable, carefree and confident in their own skin. That's the reason I started Moana Bikini and it's why I continue to design, produce and market our ranges in new and exciting directions. It's also a huge part of the reason behind starting Bikini Body Burn.

Every single girl deserves to feel happy, comfortable, carefree and confident, just by being themselves.

That's what makes it all worthwhile and

that's what helps me to feel like I am doing something that's worth doing.

Being open, honest and sharing my experiences - both good and especially bad - is my goal online and in public life. I feel that I have a responsibility, with a reasonably large following, to be entirely real and transparent, making girls feel good about themselves and empowered, rather than reinforcing negative views through fakery or heavily-edited content, as with so many other 'influencers' out there.

3. Your best advice to our Oxygen readers on building a brand that is the best reflection of themselves?

Do it for yourself.

Don't do it to chase followers. Don't do it for attention. Don't do it for the image. Don't do it because someone told you to. In many cases, there'll be tough times and hurdles to overcome and if you aren't personally and internally motivated, then you won't make it through these struggles. Communicate messages that are important to you and solve problems that you have experienced. And have fun.

Oxy Loves



BALI LIFESTYLE AND FITNESS RETREAT

"If it doesn't challenge you it won't change you," – Fred DiVito. Take the challenge of change in the tropical warmth of Bali. Do you want to fill your tank with energy again, instead of running on empty? Are you feeling like you are running a race with no finish line? Forget about work and feel the elegance of our luxury retreat in Bali. Are you ready to challenge yourself to a better you? Our chefs will cook for you all week, our trainers will nurture and challenge you to bring out the best version of you and you'll receive massages to calm your soul. Our retreat is designed for all levels, to reignite your body and mind. "Life is not about finding yourself, but creating yourself" – Amanda Jane Williams Visit www.balilifestyleandfitnessretreats.com to find out more

AUSTRALIAN SKIN CLINICS

Avoid a red face this summer (literally!) – and potentially more serious skin concerns later on – by applying sunscreen daily. Balense UV Defiance SPF 50+ is a four-hour water-resistant protective sun lotion that leaves the skin feeling silky without residue. It is also paraben-free and compatible with makeup, which means you'll stay gorgeous while your skin stays protected! Available exclusively in store at all Australian Skin Clinics. Visit australianskinclinics.com.au for more info!



Injectables, Laser & Rejuvenation



ACHIEVE YOUR DREAMS TO COMPETE

Love at first bite! Obsessed with chocolate? Now you can indulge without the added sugar! Slim Secrets has partnered with Sophie Monk to deliver delicious Choc Bites that you will fall in love with. They come in a convenient pouch with bite-sized pieces of chocolate that are gluten-free, low-carb and 150 calories or less. In dark choc and protein milk choc, they tick all the boxes. Visit www.slimsecrets.com.au to find out more!

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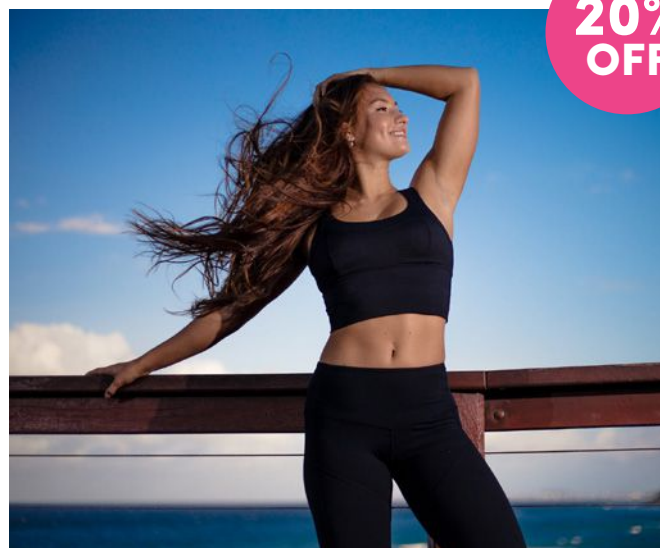
HALO TOP

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Visit: www.yogavalleyfit.com.au





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ACHIEVE YOUR DREAMS TO COMPETE

Give yourself the gift of achievement, body confidence and an incredible journey with Living Beauty Fitness. Coach to Pro Card winners with over 10 years of experience, Amelia Ricci has a proven track record of happy, healthy athletes! "Just do it! What a thrill. The amazing team at Living Beauty look after all of your needs" – Tabitha, 2 x Pro Bikini Model Champion. "Training and nutrition are designed for my specific needs. It sounds terrifying going on stage, but Amelia helped me pose with confidence." – Elle, 4 x Overall Champion, ICN, ANB, WBFF competitor. Email today for your FREE starter pack, just mention **OXYGEN** in the subject amelia@livingbeauty.com.au

inhale

LET
OXYGEN
BE YOUR
PERSONAL
TRAINER

BODY-BUILD YOUR BOND

Research shows that training with your significant other can deepen your emotional bond. Non-verbal mimicry – when you match your actions to those of someone else such as running at the same pace or lifting weights at the same time – can help you feel more emotionally attuned to one another.

MOVE **18**
FUEL **26**
THRIVE **33**



WE HAVE HIT OUR 100TH ISSUE OF OXYGEN

and, as promised, we present the next 50 health hacks to complete your halo

BY BIANCA BALLINGER5



51. Totes eat proats: protein and oats with a handful of berries works like super fuel

52.

FOR SPEEDY WEIGHT LOSS: TRY THE 80/20 APPROACH. FILL YOUR PLATE WITH 20% PROTEIN AND 80% SALAD OR VEGETABLES, TWICE A DAY

53

Kick the caffeine: try decaf or herbal drinks for a change



54

GET MOLES/SKIN TAGS/ SPOTS CHECKED: EARLY DETECTION OF SKIN CANCER SAVES LIVES

55

Always use SPF+ to protect your skin from harmful UV rays

56. Replace your old runners, pillows and bras

57

Cleanse, tone and moisturise: it makes your skin glow and can balance out pH levels

58

Check your posture: stand side-on to a mirror and check your resting posture

59. Release tension: try burning some lavender essential oil in your home

60. LISTEN TO UPBEAT MUSIC: YOUR ENDORPHINS WILL LOVE YOU FOR IT



61. Nuts are a great snack (in small portions)

62

Swim your way to a relaxed body: nothing relaxes joints and muscles quite like a leisurely swim

63. Believe in yourself and put in the work: energy flows where attention goes

64. DON'T EVER UNDERESTIMATE THE POWER OF A GOOD SHOWER CRY: SHOWERS ARE FOR CLEANSING

65. COMMUNICATE OPENLY WITH OTHERS: DON'T LIKE/WANT/HAVE SOMETHING? SAY SOMETHING. JUST SAY IT FROM A PLACE OF LOVE. LIFE IS EASIER WHEN YOU'RE HONEST

66. If someone is taking advantage of you, cut them out or call them out

67. Keep your hands away from your face: touching, picking, squeezing and rubbing at your face can spread bacteria, cause further irritation to existing pimples/acne, and can also cause skin to age quicker

68

When fun nights = mozzie bites: use some crushed ice, honey or basil to soothe those itchy spots

69. Family planning: get started on pre-natal vitamins containing folic acid ASAP

70. CRANBERRY JUICE: EASES SYMPTOMS OF A UTI



71

Start an 'emergency' account and make sure it's difficult to access

72. LET YOUR BODY BREATHE: BUY CLOTHING YOU ARE COMFORTABLE IN

73. Let there be light: fill your home/work environment with as much natural lighting as possible. As humans, we become a product of our environment and who doesn't want to feel bright, light and happy, daily!

74. Ditch that plastic bottle and buy BPA-free: cheap plastic bottles can begin breaking down, especially in warm areas such as cars





75. Long hair needs care: if you're trying to grow your hair ensure your diet is rich in protein, keep tying hair up to a minimum, get regular trims and take a hair, skin and nail vitamin daily

76. KICK THE 'SICKS' WITH VICKS: THAT POWERFUL SMELL OF MENTHOL ALONG WITH ITS SOOTHING, DECONGESTING EFFECTS CAN COMFORT ANY COLD SUFFERER

77

Wear the makeup, the lashes and the hair extensions – and wear them with confidence

78. MORE CHEWS HELP YOU LOSE: CHEWING YOUR FOOD THOROUGHLY BEFORE SWALLOWING ASSISTS YOUR DIGESTIVE SYSTEM AND GIVES YOUR BRAIN TIME TO REGISTER THAT YOU ARE FULL



79

LIP-SMACKING CHOCOLATE MOUSSE: FOR A DELICIOUS LOW CALORIE FUEL-UP, MIX A SCOOP OF YOUR FAVOURITE PROTEIN WITH A SMALL TUB OF LOW-FAT GREEK YOGHURT

80

Nail care: soak, moisturise and push back cuticles regularly

81. Don't be disheartened by nay-sayers: if you think you can, you can – and vice versa

82

Stash a pack of: baby wipes, needle and thread, safety pins, hair ties and a nail file in your car

83

SIT UP STRAIGHT: LOOK AFTER YOUR POSTURE AND REMEMBER CROSSING YOUR LEGS CREATES PRESSURE ON THE BACK OF YOUR KNEES AND CAUSES SPIDER VEINS

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Move more: park your car further away, take the stairs, lunge in your lunch break, walk or ride to work

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94. Always wear a seat belt and never drink and drive: road safety first – period!

95. Soft drink = empty calories: why waste calories?

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Brighten your smile: use a sprinkle of baking soda, squeeze of lemon and drop of water on your toothbrush, 3–4 times weekly



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Alleviate stress and hormonal imbalances: by taking complete rests from strict dieting and strenuous exercise. Live a little!

98. REMEMBER EVERYTHING IS TEMPORARY: IF THINGS AREN'T LOOKING UP, DON'T WORRY

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If you love them, hug them: a 20-second hug works wonders for emotional wellbeing

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EMBRACE CHANGE: this is how you will grow and flourish in life!

Selfies = success

Social media might not be as villainous as it seems: research published in the *Journal of Interactive Marketing* found that social media and selfie photos can play a positive role in weight-loss goals. Why? Those who make a public commitment to a goal are more likely to succeed. So snap away – just please, no more duck lips.

New human organ discovered (for real)

Just when you thought you had your anatomy nailed, scientists discover something new: the interstitium. This organ is a network of interconnected, fluid-filled compartments that are supported by a mesh of flexible proteins, and it is found beneath the top layers of the skin as well as in the tissues lining the gut, lungs, blood vessels, urinary system, fascia and muscles.

The interstitium produces lymph – an integral part of your immune system – and acts as a shock absorber to protect your organs. Why is it just now being discovered? Because when tissue samples are prepared for slides, the fixing process drains the fluid and the interstitium collapses.

Is stress contagious?

Researchers say yes.

A study in *Nature Neuroscience* discovered that stress transmitted from others can change the brain in the same way as real stress does – increasing cortisol, making you forgetful, causing anxiety and impairing memory. However, in female mice, these effects were reversed following social interaction. So tune out Negative Nellie as best you can, then schedule brunch with the girls or date night with your partner to avoid brain drain.



700

The approximate number of lymph nodes in the human body

Kick butts

As if you needed another reason to stop smoking: recent research published in *Medicine & Science in Sports & Exercise* found musculoskeletal injury risk was 23 to 56 per cent higher in women who smoke than those who do not. Need help kicking the habit? Go to www.quitnow.gov.au, an initiative from the Australian Government.



HOW CHLOE TING CREATES STUNNING CONTENT



Chloe Ting is an analyst by trade and helps over 800000 people around the world get fit via her personal Youtube channel. Chloe uses the Panasonic GH5 and GH5S to produce her amazing content. "The GH5 is the best camera out there for content creators like myself. It allows me to focus on creating more visually stunning content as it comes equipped with lots of easy to use and automated functionalities like time lapses, in camera pull-focus and LUTs."

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Band + balance = burn

You work. You travel. You're busy. Fortunately, the only equipment you need for a solid workout is metal-detector friendly and weighs next to nothing: a resistance band.

At first glance, this workout looks simple: an upper-body workout using a band. And yes, this do-anywhere plan does hit all your major upper-body muscles in a circuit format. But even though your upper half is hard at work, your lower body does not get a reprieve: for each move, you'll assume a challenging stance or position and hold it for the duration of each exercise to improve balance, stability and core strength, amp calorie burn, and leave your legs shaking and quaking.

Do these moves in a circuit, performing one after the other with no rest between except to transition to the next move. Do four total rounds, and rest one minute between rounds.

| Exercise | Sets | Reps |
|------------------------------------|---------------|------|
| Chair squat overhead press | 4 | 20 |
| One-legged biceps curl | 2 (each leg) | 15 |
| Back row | 2 (each leg) | 10 |
| Split-stance lunge chest press | 2 (each leg) | 15 |
| Knee-up triceps overhead extension | 2 (each leg) | 15 |
| Plié core rotation | 2 (each side) | 10 |



Tip
Increase resistance by standing farther away from the anchor point.

CHAIR SQUAT OVERHEAD PRESS

Stand on top of the band with both feet just inside hip width. Hold the handles at your shoulders, then bend your knees and hips as far as you can to "sit" in the air while keeping your torso as erect as possible. Hold this "chair" squat as you press the handles straight up overhead to full extension, then slowly lower to the start.

ONE-LEGGED BICEPS CURL

Stand with one foot in the centre of the band, and lift your other foot off the floor alongside your standing leg. Hold a handle in each hand and pin your upper arms to your sides. Bend at the elbows to curl the handles up toward your shoulders. Pause briefly at peak contraction, then slowly lower to the start.



BACK ROW

Shorten the band either by looping it around your standing foot or making a coil on the floor, then stand with one foot on the band so it is secure. Extend your other leg behind you and hold a handle in each hand at your sides, palms facing inward. Hinge at the hips to fold forward, simultaneously lifting your rear leg and lowering your upper body until your torso and leg are parallel to the floor. Hold here as you drive your elbows up and back, pulling the band handles into your chest, then lowering slowly to the start.



SPLIT-STANCE LUNGE CHEST PRESS

Anchor the band in a doorway or around a stationary object at shoulder height, and stand with your back to the anchor point. Get into a split stance lunge, with your front and back knees bent, and hold the handles at your shoulders, palms facing downward, elbows lifted to the sides. Hold in the split-stance as you press the handles away from you, straight out from your shoulders to full extension, then return slowly to the start.



PLIÉ CORE ROTATION

Anchor the band at about chest height and stand sideways to the band anchor. Assume a wide plié stance with your feet outside shoulder width and your knees/toes turned out. Hold both band handles together straight out from your shoulders, and bend your knees until your thighs are parallel to the floor. Hold here as you slowly rotate away from the anchor as far as you can while keeping your arms straight and your hips square, then slowly return to the start.



KNEE-UP TRICEPS OVERHEAD EXTENSION

Anchor the band at knee height or below and stand facing away from the anchor. Hold both handles behind your head, elbows bent and lifted alongside your ears. Lift one knee to hip-height and hold it there as you straighten your elbows to press the handles overhead to full extension, then slowly return to the start.



The world's greatest stretch

Improve blood flow, increase range of motion and relieve stress in less than five minutes with this five-part stretch.

how many of you out there skip your warm-up? Now that everyone has raised their hands, let's talk.

This stretch hits almost every muscle in your body and takes less than five minutes to execute. It also combines dynamic and static elements, challenging your central nervous system, increasing your range of motion, and lengthening and strengthening your muscles simultaneously.

Do these five positions in order, holding each for three to five seconds when using as a warm-up or for five to 10 seconds when using as a cool-down or for mobility training. Move smoothly between positions, and perform the entire sequence three to five times per side. Breathe deeply throughout, and each time you repeat the sequence, try to stretch a little farther.

Mobilise your entire body in less than five minutes.

Part 1: LUNGE

For hip flexors, hamstrings, adductors, glutes, calves, lower-back

Step your right leg forward and bend your right knee deeply, keeping your knee over your toes. Place both hands on the floor inside your right foot, aligning them with your instep, and square your hips. Keep your rear leg straight by actively pushing back through your heel, squeezing your glutes and contracting your quads.



Part 2: ELBOW TO INSTEP

For hip flexors, glutes, hamstrings, quads, calves, back

Holding your lunge position and keeping your left hand in place, bend your right elbow 90 degrees so your forearm is parallel with the floor and place it against the inside of your right leg. Slowly fold forward with a flat back and slide your elbow down your leg as far as you can without rounding your back. Your goal is to get your entire forearm on the floor with your elbow on the inside of your arch (shown).



Part 3: INTERNAL/EXTERNAL ROTATION AND REACH

For thoracic spine, shoulders, chest, adductors, lower back, hamstrings, obliques, biceps

Place your right hand back on the floor inside your right foot and open your chest and shoulders to the left, reaching your left fingertips for the ceiling and looking up at your left hand (shown). Return both hands to the centre, re-square your hips, then keep your left hand on the floor as you turn to the right, reaching your right fingertips for the ceiling and looking up toward your hand.



Part 4: QUAD/HIP STRETCH

For quads, hip flexors, adductors, chest, shoulders

Return to the centre, then place your left knee on the floor and tuck your pelvis underneath as you reach your arms overhead, elbows by your ears. Don't over-arch your back; rather elongate by actively reaching upward.



Part 5: HAMSTRING STRETCH

For hamstrings, back, calves

Lower your arms and place your fingertips on the floor on either side of your right foot, then lift your glutes toward the ceiling as you straighten your right leg. Square your hips and keep your back as flat as possible as you lift your right toes and press back into your left heel.



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Move

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Create a
defined
upper body



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FORM: BANDED SINGLE-ARM LOW-TO-HIGH FLY

No, training your chest won't create cleavage or take you up a cup size as some workout programs would have you believe. But training your pectoralis major to be strong and shapely can define your collarbone area and add dimension to your décolletage.

The pec major is the primary mover for any horizontal adduction movement, such as when you bring your arms across your body as if giving a hug, and most chest exercises target this motion — for example, presses, flys and push-ups. However, the pec major is also responsible for shoulder flexion — raising your arm up in front of you — in conjunction with the anterior deltoid. This band exercise combines both these actions to emphasise the upper-pectoral area.

▶ Attach one end of a resistance band to a sturdy object close to the floor. Stand with your feet hip-width apart, knees slightly bent, and position yourself at an angle to the anchor so that the line of resistance is both to the side and behind you, directly opposite the motion you'll be isolating.

▶ Hold the band closest to the anchor with your palm facing forward, arm straight and held away from your body at hip level. This lower starting position means less emphasis on the lateral deltoid and traps, and it better engages the upper-pec area more than the middle-/lower-pec area.

▶ Keeping your arm straight, pull the band up (flexion) and across (horizontal adduction) your chest from hip to head level. This creates a diagonal line of motion opposite the band's line of pull, thereby combining the two moves that target the upper pecs to give it double the work.

▶ Because of the nature of the band, you'll be working against the most resistance at the top. Take advantage of that force, and hold here for two counts before slowly returning to the start. This isometric squeeze can help you make that mind-muscle connection and really feel the activation of your upper pecs.

▶ Keep your lower body as still as possible throughout the move; don't use your legs to pop up and help move the band. If the resistance is too great, take a step toward the anchor to ease some of the tension or opt for a lighter band.

▶ Sometimes that long muscle in your neck — the sternocleidomastoid — likes to join the party with this exercise, but since a thicker neck is probably not your goal, keep your gaze forward and avoid tucking your chin to reduce its engagement.

▶ This move also can be altered to target the middle and lower pecs: Attach the band to a point above your head, and bring your arm across your body from high to low.

SAMPLE FORM PEC WORKOUT

| Exercise | Sets | Reps | Resistance | Rest |
|-----------------------------------|------|-------|----------------|-------------|
| Dumbbell flat bench press | 3-5 | 6-12 | moderate/heavy | 1-2 minutes |
| Dumbbell decline bench press | 3-5 | 6-12 | moderate/heavy | 1-2 minutes |
| Decline push-up | 3-5 | 10-15 | bodyweight | 1-2 minutes |
| Banded single-arm low-to-high fly | 3 | 8-10 | moderate | 1-2 minutes |
| Banded single-arm high-to-low fly | 3 | 8-10 | moderate | 1-2 minutes |



Against the grain

BY EMILY JOYCE

Does cutting gluten from your diet lead to better health? *Oxygen* separates the facts from the fad.

Gluten has suffered the same fate as fat, carbohydrates and sugar, with the notion that eliminating it improves your health. Products from pizza to pet food have banished it, and “I’m gluten-free” has become so common, it often elicits an eye roll.

In fact, the 2016 CSIRO Healthy Diet Score found around 9 per cent of Australians avoid gluten – a protein found naturally in wheat, rye, barley and oats. However, research shows only 1.5 per cent have coeliac disease – an autoimmune disease caused by gluten

that results in small intestine damage. A life-long gluten-free diet is the only treatment.

Emily Greenfield, Clinical Dietitian, explains the aversion to gluten started with the University of Maryland Centre for Celiac Research’s ground-breaking study in 2003. It found that one in 133 Americans had coeliac disease, much higher than original estimates.

“Before this study, not many people knew about gluten... suddenly, it became a bit vilified as it had people wondering whether it could be bad for them too,” says Greenfield. She says around the same time, the low-carbohydrate diet – which made wheat the enemy – was gaining popularity. With gluten being in wheat, gluten also started being shunned.

But what really catapulted the gluten-free lifestyle to wide adoption was when it gained traction with celebrities, including Gwyneth Paltrow. “Once celebrities start endorsing it, it’s going to become fashionable,” explains Greenfield.

Dr Jason Tye-Din, gastroenterologist and Head of Coeliac Research Lab at the Walter and Eliza Institute, says that in addition to

those with coeliac disease, there are people who report feeling better when they avoid gluten.

Known as having ‘non-coeliac gluten sensitivity’ (NCGS), “These people don’t have coeliac disease or a wheat allergy but are kind of wheat-intolerant or sensitive and in many cases now we are realising that’s actually the FODMAP issue,” he says.

Tye-Din explains many people who react adversely to wheat, in this case, are likely experiencing irritable bowel and reacting to the FODMAP content of it, not the gluten itself. “And it just so happens that when you take gluten out of their diet, it can often help them feel better and they think they are gluten-sensitive but they’re actually not,” he says.

FODMAPs (Fermentable Oligosaccharides Disaccharides Monosaccharides And Polyols) are sugars that aren’t absorbed properly in the gut and can trigger symptoms in people with IBS. They are found naturally in many foods and food additives including wheat products, garlic, onion, legumes and pulses, dairy, honey and some fruits.



Healthy or hype?

Gluten-free advocates claim eliminating gluten can address a variety of issues ranging from digestion issues to brain function, but much of this advice is unsubstantiated and research is now starting to show that it could be doing more harm than good.

Tye-Din says, “A lot of processed gluten-free products are high in sugar and fat... gluten is such an important component to help with food consistency and palatability so when you take it out, you often have to put more sugar in to mask the fact that the food is tasting different.”

In fact, a 2017 UK study published in the *Journal of Human Nutrition and Dietetics* found that overall, more gluten-free foods were classified as containing high and medium fat, saturated fat, sugar and salt than regular foods. They were also more likely to be lower in fibre and protein.

The same year, a study in the *British Medical Journal* found that avoiding gluten may result in reduced consumption of beneficial whole grains, which may affect cardiovascular risk.

Conversely, 2017 Harvard University research found eating more gluten may be associated with a lower risk of developing type 2 diabetes. It revealed that participants who ate less gluten tended to eat less cereal fibre, a known protective factor for developing type 2 diabetes.

Calorie crush

Laura Debenedictis, nutrition coach and fitness model champion, has witnessed many bodybuilders going gluten-free to fast-track fat loss. “In bodybuilding, weight loss is your primary focus and many people wrongly believe that cutting out gluten is going to

give them that end result,” she says.

Social media has fuelled the misunderstanding, says Debenedictis: “People tend to see someone that’s gluten-free and think, ‘They look amazing!’, and then want to follow that trend.”

Debenedictis says eliminating gluten without a medically diagnosed reason not only puts restrictions on the variety of foods you can have, it can also create sensitivities after it’s re-introduced. “Once people consume it again, they get bloated, tired and nauseous. Their body can’t handle it anymore because it hasn’t had it for so long,” she says.

Variety is key

Emily Greenfield says that unless you have diagnosed coeliac disease or a wheat allergy or sensitivity, there is no reason to avoid gluten. “The key to eating healthily is to enjoy a variety of nutritious foods from each of the five food groups,” she says.

This also applies to gluten-free diets. Opt for nutritious naturally gluten-free foods including fresh fruit and vegetables, fresh meats, eggs, nuts and legumes, dairy, healthy fats and oils. Greenfield says you can still eat beneficial whole grains too, including brown rice, buckwheat, corn, amaranth, millet and quinoa.

Testing tells

One in 70 Australians have coeliac disease but four out of five remain undiagnosed. Tye-Din says a big challenge is the majority who believe they have NCGS probably haven’t had coeliac disease excluded. Left untreated, it can lead to a range of serious health issues including chronic poor health, miscarriage,

osteoporosis, liver disease and some cancers.

Diagnosis by a doctor involves a blood test and if positive, it’s confirmed with a biopsy. But keep eating gluten prior to testing. For people with coeliac disease, a gluten-free diet causes the bowel to heal so results will be inaccurate.

SERIOUS SIGNS

Symptoms of coeliac disease can vary. Some people suffer severely yet others show no signs. They can include:

- ▶ Gastrointestinal upset (abdominal pain, bloating, flatulence, nausea, vomiting, diarrhoea, and/or constipation)
- ▶ Lethargy
- ▶ Mouth ulcers
- ▶ Weight loss
- ▶ Vitamin and mineral deficiencies
- ▶ Bone/joint pains
- ▶ Bruises easily
- ▶ Skin rashes
- ▶ Irritability

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Kick-ass kefir

Learn why you should consider trading regular yoghurt for this superfood.

With about 30 strains of gut-friendly bacteria (as compared to about seven in yoghurt), kefir is a probiotic powerhouse, promoting gut health and helping break down your food efficiently. Its tart and tangy flavour makes it the perfect complement to just about any recipe. Here are five ways to use kefir — including one that might surprise you!

1. AS A BONE-BUILDING BREAKFAST Kefir has high levels of calcium and vitamin K2, which have a symbiotic relationship: vitamin K2 helps the body better absorb calcium, and research shows supplementing with it can reduce bone fractures by up to 81 per cent. **Quick kefir bowl:** stir together ½ cup of quick oats, ½ tablespoon of chia seeds, ¼ teaspoon of cinnamon and 1 cup of plain kefir. Let sit five to 10 minutes to thicken. Eat topped with fresh fruit, coconut flakes or chopped nuts.

2. AS A DISEASE-DEFEATING DIP Not only does kefir contain biotin and folate to boost immunity, it also contains *Lactobacillus kefir*, which helps defend against E. coli, candida, yeast infections, irritable bowel syndrome and Crohn's disease.

Awesome avo dip

- ½ cup low-fat kefir
- 4 avocados, peeled, pitted and diced
- ½ red onion, minced
- 1–2 tbsp fresh lime juice
- ½ tsp salt
- ½ tsp black pepper
- 1 tsp chilli powder
- ½ jalapeño pepper, seeded and chopped fine

Mash all ingredients together in a large bowl. Serve with sliced veggies.

3. AS A CANCER-KICKING TREAT Compounds in kefir have been shown to slow the growth of early tumours. One test done at McGill University in Canada found that kefir reduced breast cancer cells by 56 per cent in animal studies. **Choco-banana pro icy poles:** blend together 1 cup of kefir, 3 tablespoons of unsweetened cocoa powder, ½ scoop of protein powder, 1 tablespoon of mini dark chocolate chips, ½ frozen banana, 3 tablespoons of honey (or sugar), ½ teaspoon of vanilla extract and a dash of salt. Pour into icy pole moulds and freeze overnight.



4. AS A SKIN-SAVING SALVE The probiotics in kefir help to prevent acne, rashes and eczema from the inside out, and kefiran — a carbohydrate found in kefir — can help with wound healing. When applied topically, the alpha hydroxy acid (AHA) in kefir helps slow the ageing process, adds elasticity and hydrates your skin. **Moisture mask:** mix 2 tablespoons of kefir with 1 teaspoon of olive oil and 1 egg yolk, and apply mask to your face for 15 to 20 minutes.

5. AS A CHOLESTEROL-CRUSHING DRESSING Women who drank kefir for eight weeks showed a significant decrease in LDL, or bad cholesterol. **Divine dressing:** serve your daily salad with a mixture of ¼ cup of kefir, ¼ cup of apple cider vinegar, ½ cup of extra-virgin olive oil, 1 garlic clove (minced), 1 teaspoon of honey, 1 teaspoon of Dijon mustard, and salt and pepper (to taste).

Drink your vitamins: kefir contains high levels of B12, calcium, magnesium, biotin and folate.



As a bone-building breakfast



As a disease-defeating dip



As a cancer-kicking treat



As a skin-saving salve



As a cholesterol-crushing dressing

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Ask the Nutritionist

By Jess Blair

» *Kombucha is all the rave at the moment... but what is it?*

Kombucha is a gut-friendly, fermented tea beverage full of antioxidants, probiotics and B vitamins and is often referred to as an immortal health elixir. So if you're finding it difficult to kick the soft drink habit, it could be your best alternative!

Can't kick the soft drink habit to the kerb? Kombucha is a carbonated, flavour-filled, yet healthy alternative to your fizzy fix - with huge nutritional benefits. Depending on the flavour, and your taste buds, it is quite tart and refreshing. Personally, I love it! Around 80 per cent of our immune system is in the gut, so improving your gut health by adding beneficial bacteria can have a plethora of health benefits and keep your immune system in peak condition.

What is in kombucha?

- ▶ Tea
- ▶ Symbiotic culture of bacteria and yeast (SCOBY)
- ▶ Filtered water
- ▶ Raw honey or sugar

What are the benefits?

- ▶ Improved digestion: because of the high number of antioxidants, kombucha can counteract free radicals that create mayhem in the digestive system
- ▶ Also helps to promote digestion with its high levels of beneficial acid, probiotics and enzymes
- ▶ Immune system stimulant
- ▶ Antibacterial
- ▶ Helps to support a healthy liver

KICK-BUTT KOMBUCHA RECIPE

Ingredients:

- 1 large jar with a wide opening**
- 1 large piece of cloth**
- 1 SCOBY**
- 8 cups of filtered water**
- ½ cup of raw honey**
- 4 organic tea bags**
- 2 cups of last-batch kombucha or store-bought kombucha neutral flavour**
- Flavour additions eg chopped fruit**
- Herbs or spices**

Directions:

1. Add the hot water and sugar in a glass jar together
2. Place the tea or tea bags in the sugar water to steep
3. Let the mixture cool; the longer the tea is left in, the stronger the kombucha will be
4. Add the previous batch or the store-bought batch of kombucha
5. Add in the SCOBY
6. Cover the jar with a tight-weave towel and secure with a rubber band
7. Allow the mixture to sit undisturbed and out of direct sunlight for 7-30 days, or to taste. The longer you leave yours the sourer it will become and more fermented
8. Pour the kombucha off the top of the jar for consuming, keep the SCOBY for the next batch and use the kombucha at the bottom for the next batch
9. Carbonate with a Soda Stream or something similar. Enjoy! **o**



Feed your...
mood



Turns out that hangry is a real thing. It was long believed that food didn't impact your mood because nutrients couldn't pass through the blood-brain barrier, but now it is understood that getting enough total calories during the day is what best creates a positive mood. Your brain runs exclusively on glucose, and if you're short on calories, your brain expresses its distaste by making you grumpy, irritable and even depressed.

Diversify your calorie

intake by eating a variety of healthy foods to ensure you're getting all the nutrients needed, and especially prioritise dark leafy greens and wholegrains, such as oats or quinoa, to ensure you maximise your intake of B vitamins and magnesium. New discoveries also show that the health of your gut can impact mood. To boost your body's feel-good response, opt for foods that contain omega-3 fatty acids such as salmon, grass-fed beef, nuts and seeds.

Nutrition myth BUSTIN'

True or false: I should only shop the perimeter of the grocery store.

False. It's true that the perimeter of the store is typically where you'll find fresh produce, meat, seafood and dairy, but you'd be missing out on many healthy and affordable food options by cruising only the edges. Healthy canned foods such as beans and low-salt vegetables, as well as nuts and wholegrains, are more centrally located in most stores.

SPOTLIGHT ON ...

ACTIVATED CHARCOAL

Seeing black? Activated charcoal is having a moment, showing up in foods, beverages and personal care products everywhere. This kind of charcoal is created by burning coconut shells, wood or other plant materials, and unlike foods that have been charred or burnt — causing them to become carcinogenic — it's safe to eat activated charcoal. In fact, it has long been used in hospitals in cases of acute poisoning or overdoses as a detoxifying agent.

Theoretically then, activated charcoal should be able to remove other unwanted things from the body in the same detoxifying way, right? Maybe. Commercial products contain a much lower dosage than what's used in hospitals, so they won't miraculously clear up your skin, make your teeth glowing white or cure a hang-over. And since very few studies have been done on activated charcoal, the jury is still out on its supposed health benefits in this arena. Also, if you're taking a prescription medicine, there is a risk of activated charcoal reducing its efficacy. So until further research is done, stick to using activated charcoal as a purifier, where it already exists in many commercial water and air filters.

30

The number of minutes each extra glass of wine shortens your life, according to a study published in The Lancet medical journal. According to researchers, the safe standard for women is one 180ml glass of wine per day. Any more than that raises the risk of premature death and cardiovascular disease by putting strain on the brain, heart, liver and pancreas. Yes, there is a small protective effect on the heart associated with drinking red wine, but it must be balanced against the serious health risks presented by excess imbibing.



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Do your armpits need a detox?

BY LUCIA RIVAS HENRY

Nowadays there is cleanse and detox for everything, but you probably haven't considered one for your armpits. We spill the tea on why switching to natural deodorant could be your best move.

You might have heard by now about the gut microbiome and how our unique gut bacteria has a big impact on our health and wellbeing.

But did you know there is now an expanding body of research that has looked at the skin microbiome and how this varies from person to person and, in particular, the armpit?

We often look at our armpits as just a source of embarrassing odour that must be kept at bay - and believe me, I know the feeling to be caught out without deodorant and the embarrassment that follows!

The human armpit hosts a high diversity of bacterial biomass and it is specific strains of bacteria that cause body odour. Research by the *Journal of Life and Environmental Sciences* has found that the use of antiperspirant/deodorants changes which type of bacterial species colonises the armpit compared to those who don't use deodorant. Indeed, this is how deodorants work; by either reducing the armpit biomass of bacteria or through blocking the glands which become odoriferous when metabolised by bacteria. So why is this important? Wouldn't we want to reduce armpit biomass or block armpit glands so that we don't smell?

There has been considerable interest in the scientific community and in the media regarding the potential effect of deodorants on breast cancer development due to the hypothesis that the ingredients in deodorants such as parabens and aluminium salts and their estrogenic and blocking effects are associated with breast tumours since they are near the armpit. A study by the *European Journal*

of Cancer Prevention in 2003 found that there was an increased risk of breast cancer diagnosis related to frequent use of antiperspirants/deodorants and underarm shaving. This study suggested that breast cancer incidence was a lifestyle cause and concluded that the absorption of aluminium salts facilitated by dermal barrier disruption contributed to an earlier age of breast cancer diagnosis. Meta-analysis of breast cancer studies shows that this correlation is inconclusive.

Given this information, should we make the switch to natural deodorants?

A lot of people would prefer to try natural deodorants over commercial antiperspirant sprays or aerosols BUT they just don't work the same... until now.

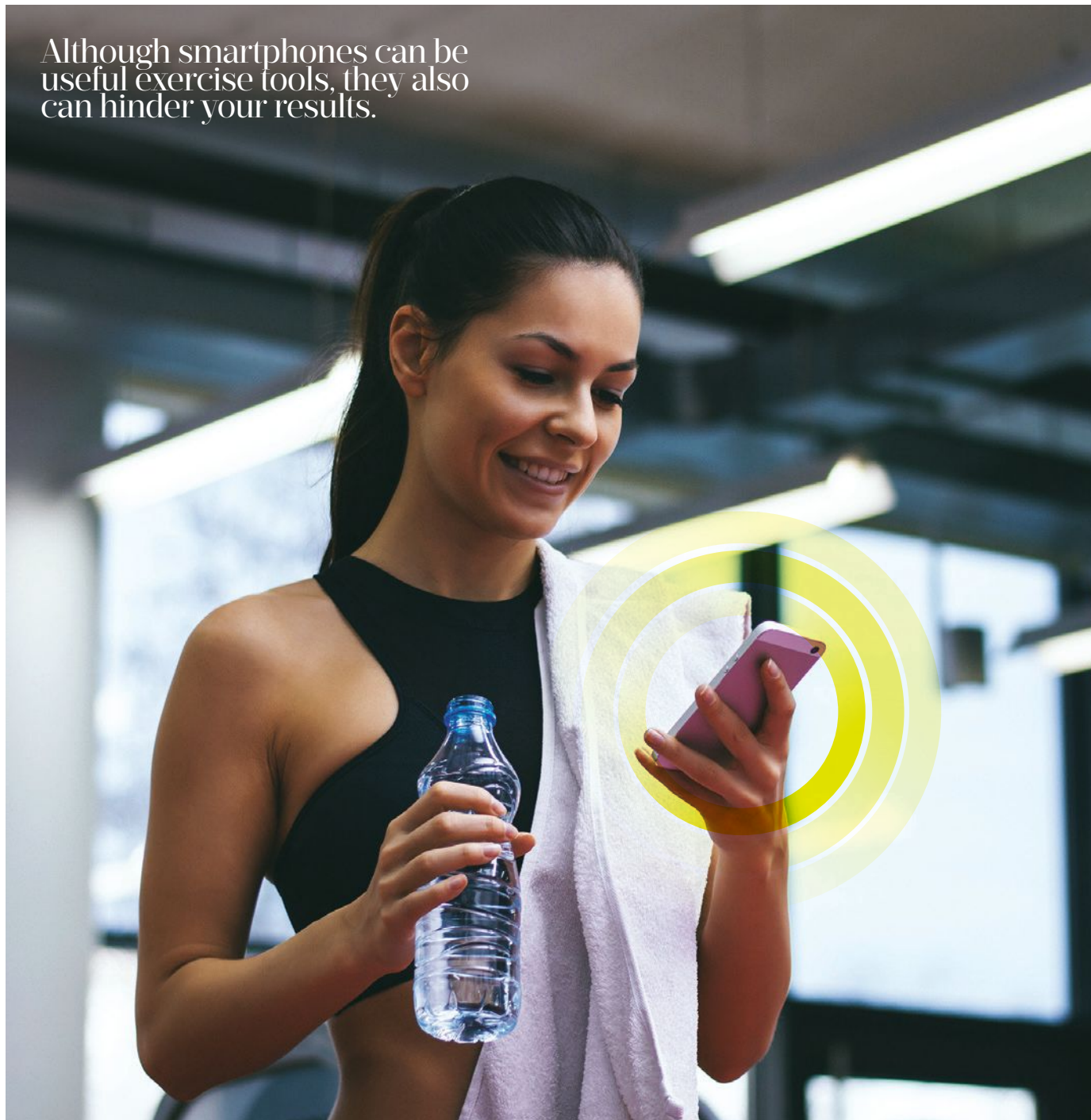
Given that, as a society people are shifting to wanting to lead healthier, less toxic lifestyles and go as nature intended as much as possible, it has caused a lot of new products to come into the market. Since everyone is unique in their skin microbiome what works for one person might not work for another, so your research ladies and keep those pits free of nasties!

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Beware the smartphone suck

Although smartphones can be useful exercise tools, they also can hinder your results.



do you have **nomophobia**? Most people do, and this very real fear of not having your smartphone immediately next to you at all times can be a real issue, especially as it relates to your workout.

It might seem like a no-brainer that when you talk or text on your smartphone, your workout suffers, yet researchers still wanted to know just how much phone use could impact a workout. So they put

individuals through one of two 20-minute treadmill workouts: one group served as the control and had no smartphone access, while the other group could talk and text on their phones as much as they wanted.

The thing most impacted about the workouts was intensity: smartphone users completed six minutes less of vigorous-intensity exercise and 10 minutes more of low-intensity activity than the control group,

according to this study published in the journal *Computers in Human Behavior*. “Because you’re doing two things at once, you’re not able to participate as fully in your workout,” says Michael Rebold, Ph.D., CSCS, study co-author and department chair and assistant professor of exercise science at Hiram College in Ohio.

In addition, you are likely looking down while checking your phone, and a study published in *Performance Enhancement & Health* found that texting during exercise negatively impacted balance and stability by 45 per cent. “Disruptions in postural stability can accumulate and create more serious complications like herniated discs and/or compressed nerves,” Rebold says. It also could cause musculoskeletal injuries like ankle and knee sprains as well as neck strain.

Of course, this doesn’t mean that using a smartphone during a workout is all bad, and in fact, listening to music while exercising has been shown to enhance workouts and make them seem easier and more enjoyable. But if you’re agonising over being parted from your phone even for a short workout, you may have developed a behavioural addiction.

App snap

While fitness apps are all the rage, they are only effective to a point. Anna Kotwinski learned from personal experience that fitness apps can be addictive and thus distracting: while training for a marathon, Kotwinski used running apps. She became so fixated on the data, mileage, speed and performance that she failed to listen to her body and incurred an injury. She immediately ditched the electronics and resumed her focus. “I feel more in tune with my body, my performance has improved, and I’m coming back from runs refreshed and rejuvenated,” Kotwinski says.

Declare the gym or your workout space a no-phone zone.



“Dopamine floods the brain when you engage in social media, gaming or whatever your particular smartphone vice is, making abstinence very hard to achieve,” says Anna Kotwinski, co-founder of Shine Offline, a London-based company that helps people manage their relationships with their smartphones. Come up with healthier ways to get your dopamine fix, such as actually completing that tough workout without the tech.

“You may just find a more fulfilling natural high than the one you’re seeking when you obsessively swipe and tap a screen,” she says.

You may feel slightly naked when you do engage in a tech-free workout, but who knows? You might become addicted to this newfound freedom instead.

Six smart ways to sideline your smartphone during a workout

- ▶ Declare the gym or your workout space a no-phone zone. Leave your device in the car or your locker so you can’t have access to it at all, leaving you to focus on your training and nothing else.
- ▶ Downgrade to a dumbphone, one that only allows you to send simple text messages and (gasp!) actually make phone calls. This eliminates the temptation of constantly checking your phone and saves you a ton of money — money that could be spent on new workout gear!

▶ Don’t want to downgrade? Make your smartphone dumber, even temporarily, by turning off Notifications, Cellular Data and Wi-Fi. You can still make calls and send texts, but you can’t check your social media, refresh your inbox, send pictures or engage in things like Snapchat.

▶ Download an app to prevent you from perusing other apps. Ironical? Yes, but apps like Freedom, AppDetox and Flipd can block or limit access to certain apps and websites during certain scheduled times of the day. This means you can parcel off your workout time as your own without temptation or interruption.

▶ Set your smartphone to Do Not Disturb during your workout. This quiets all interruptions such as calls, alerts, texts and the like during the time allotted. But fear not: your phone does allow for someone to get a hold of you in case of an emergency; just set up those parameters in the Do Not Disturb settings.

▶ Download Checky or Moment, apps that gather data about your phone use and record things like how many times you check your smartphone during the day. Looking over this data will give you a perspective on how much you use your technology and will go a long way toward helping you shake the habit and focus on you, your health and your training instead.

SEPARATE YOURSELF FROM SOCIAL MEDIA AND IMMEDIATELY INCREASE YOUR WORKOUT INTENSITY.

HOW TO HEAL COMMON Beauty Challenges

BY DR LIBBY

You probably look in the mirror every day – but are you really seeing what’s going on?

Our outer reflection tells a story about what is happening inside our bodies. The quality of our skin, hair and nails, what I like to call our “beauty bits”, is directly related to the health and function of a number of body systems including

digestion, liver and adrenal function.

This means that if you’re constantly stressed, not sleeping restoratively, experiencing digestive upsets or not eating in a nourishing way, it’s going to show up on the outside.

A common scenario these days, however, is to cover up something about our external appearance that we feel is lacking. We put concealer over dark circles and blemishes, acrylic nails over soft, flaky ones, fill our hair out with extensions or tattoo eyebrows on when ours begin to thin.

While these things can certainly be fun and make us feel good, my concern is that if we don’t also view them as messages from our body, we miss the opportunity to correct the problem from the inside out. It can mean that a small imbalance only becomes larger, and what might take only a few weeks to correct could end up taking months or years.

There truly is no better way to address the things we wish we could change about our external appearance than by making changes that support excellent internal health.

ACNE

This is quite often perpetuated by a sex hormone imbalance arising from high levels of androgens, elevated prolactin (made by the pituitary), or an imbalance between estrogen and progesterone. The liver supports efficient hormone clearance from the body and zinc-rich foods, or a supplement may be needed to repair the surface of the skin.

PIGMENTATION ON THE FACE

This can indicate a sex hormone imbalance, usually too much estrogen. It can also become visible by use of the oral contraceptive pill. Additionally, new pigmentation can also be a stress response or the result of excessive sun exposure. Adrenal care, stress management and plenty of antioxidants are important to help prevent further pigmentation appearing.

DARK CIRCLES

Most often the result of a compromised digestive function or a liver that needs more care via food and drink choices. I have also seen dairy-free and gluten-free dietary trials resolve dark circles - and I don’t say that lightly. Eliminate one at a time for four weeks to see if it makes a difference.

CELLULITE

Cellulite tends to indicate that the liver has its work cut out for it! Additionally, cellulite can creep in after periods of ongoing stress as cortisol (our long-term stress hormone) communicates to our body that we need to store fat and break muscle down.

Resistance training to build muscle as well as liver support may be useful.

HAIR LOSS

Also linked to the endocrine system or can be stress-related. Support your adrenal glands with restorative practices. Certain nutrient deficiencies have also been linked to hair loss, such as iron and zinc.

LINED NAILS

If the grooves go across the nail it can indicate inadequate dietary protein consumption or poor digestion of protein. If the grooves go from base to tip, it can mean a mineral deficiency - such as calcium and magnesium. It can also indicate that the thyroid could use some support.



WHITE SPOTS ON THE NAILS

While this can be the result of the nail sustaining an injury, it might also be linked to a zinc deficiency. It's likely to keep occurring if it is zinc related rather than just being a one-off.

THINNING OUTER THIRD OF THE EYEBROW

If the outer third of your eyebrow thins, it can be an indication that your endocrine (hormonal) system needs some support, particularly the thyroid. It might be beneficial to get your thyroid checked, especially if you have any other symptoms associated with an imbalance in thyroid function. It may also indicate iron deficiency so increase iron-containing foods. ○

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Meet Cover Girl winner
Nicole Hall





*She was once an under-nourished cardio addict, but enough was enough for Brisbane personal trainer **Nicole Hall** who found herself caught in a rut and a toxic relationship with herself. Nicole now shares with Oxygen how she became the proud and confident woman she is today, and how she plans to share her message of self-love and hard work with as many young women as she can.*

BY **SALLY WU** | PHOTOGRAPHY BY **DALLAS OLSEN** | HAIR AND MAKEUP **KAYLA CONNOR** | FITNESS WEAR **BOOST APPAREL**

FAST FACTS City: Brisbane, QLD Age: 27 Height: 171cm Weight: 60.5kg

Day by day, Nicole was going through the motions of undereating and doing excessive cardio. That was until one morning she woke up feeling sorry for herself. "I was frustrated that I wasn't making any progress," she says. But it was at that pivotal moment that Nicole realised that something needed to change. "I finally had had enough of that same scenario – being unhappy with the way I felt, but never willing to own up to myself and make any changes," she says. "It finally just hit me, it was up to me! I had the power and it was time to take accountability and stop letting myself down! It was time to invest in me and start living my best life."

With no training experience, Nicole remembers just how intimidating stepping into the gym for the first time was. "I walked in, did a lap around the gym, freaked out and left," she says. But that first experience didn't stop her from going back. "I then organised to head to the gym with a friend who had a little more confidence than I did at the time."

For Nicole, training has shaped her into the empowered and strong woman that she is today. "Looking back, I was pretty lost," she shares, "[but] I am a completely different person now... I am proud and confident of the woman I have become and have a healthy relationship with myself." And Nicole reminds us that every expert was once a beginner, "we all start somewhere!"

With the reward of feeling in control of shaping her own life, Nicole finds motivation in wanting to be the best version of herself and to live her best life - and she has some advice for women who are wanting the same. "Firstly, try thinking of being in the best shape of your life as being the best investment of your life," she says, "then find the enjoyment in investing in you!" She also advises us to not shy away from two things – asking questions and increasing our weights. "Don't be afraid to seek further advice," she says, and urges women to learn how to use equipment and perform exercises correctly. "Give yourself the backing you need to start strong!" Once a solid foundation has been built, Nicole encourages us to push our limits. "If you can perform an exercise for the recommended sets and reps over the course of a week or two with ease, then increase it! See what more you can achieve!"

Like the rest of us, Nicole has days of low motivation, but overcomes these by being organised. "The more planned and prepared I am, I find the more motivated I am and the better I am at avoiding failure."

Alongside planning, Nicole has also started journaling, which she does as soon as she wakes and again at night to reflect on her day. "It gives me a whole new level of clarity to stay focused and motivated on my goals," she explains.

Through training, Nicole has been able to shape both her body and life, but she also emphasises the importance of good nutrition. "Learn how to listen and better understand your body and what foods best fuel you to reaching your goals."

From living life as a cardio bunny to gaining her Certificate III & IV in Fitness and competing in four bodybuilding competitions, Nicole has faced challenges and experienced failures. But the lessons that she has learnt along the way have shaped Nicole into who she is today. "They have all made me stronger, more motivated and determined to keep striving for more," she shares.

Yet, the number one lesson she has learnt about health and fitness through her training is to not overcomplicate things. "Keep it simple, consistent and most importantly, be patient."

Living and breathing within the health and fitness industry, Nicole hopes to see more females empowering one another whilst also embracing every inch of their own body. "Be proud of who you are and embrace your journey towards living your best life!" As her own body role model, Nicole is striving to inspire women to be their best self, and to be their very own role model.

Determined to support women in their health journey and to share her message with as many women as she can, Nicole believes in the power of self-love and that it only takes one decision to shift the entire course of your life. "I have been working so hard to scale my business and take this important message of self-love and hard work with me everywhere I go," she says. "It's the time to start something new and trust the magic of new beginnings." ○

Nicole's message: invest in you

Meet the finalists



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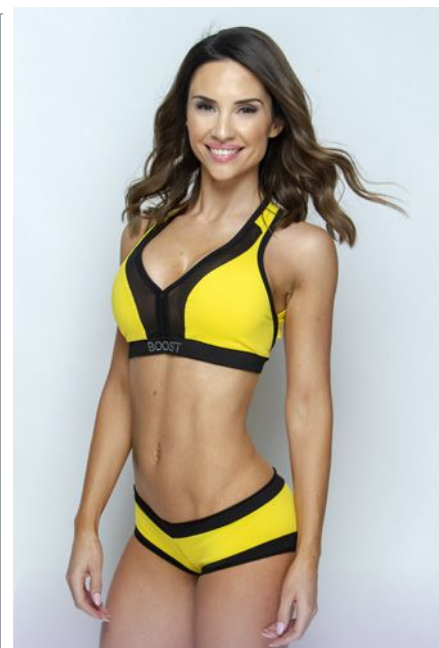
LAURA MUNCEY
Brisbane, QLD
Age: 28
Height: 178cm
Weight: 66kg

Motivation to start training:

I moved from Victoria to Queensland and straight away took note of the active lifestyle that so many people seemed to live. Wherever I went people were out running, doing group fitness classes or some form of physical activity. It sparked something in me, so I decided to join the gym where I committed to weekly personal training sessions with my trainer to build my confidence and give me direction in the gym so that I didn't feel intimidated.

The most rewarding aspect of living a healthy lifestyle:

Continually surprising myself with what I'm capable of both physically and mentally. Training has taught me a lot about myself and I have realised that I am so much stronger than I ever gave myself credit for. One of the most rewarding feelings is seeing the changes happening to your body and knowing that you are the one creating those changes through hard work.



RENEE SILJEG
Perth, WA
Age: 36
Height: 164cm
Weight: 51kg

The most rewarding aspect of living a healthy lifestyle:

It's so empowering to be faced with a challenge and work up to achieving it. Quite literally, the exercises I used to struggle with are now my warm-up! There's a certain self-belief that comes with that. Just because something is hard, doesn't mean you can't do it... you can do anything! With self-belief comes confidence and self-esteem and, as an instructor, that is where I most hope to influence women. Everyone is powerful, unique, perfect and capable beyond measure.

What have you overcome to get to where you are today:

I am naturally extremely introverted. Speaking in front of a group was so difficult at first! I'm constantly working on it but interacting with big groups of people can sometimes drain me because I give so much hoping they adore their sessions (I am a Pilates instructor and own my own business The Pilates House). It's not something I want to overcome, but to manage. I will always be introverted, even a little shy at times... but that's okay!



LANA PROPOVEDNIKOVA

Sydney, NSW

Age: 30

Height: 158cm

Weight: 48kg

Motivation:

We only have one life and one body, so why not push it to its limits? Why not see what it's truly capable of achieving, and reap the benefits of doing so? Greater self-confidence, discipline and strength sound good, don't they? Then you must do everything you can to embody those qualities and pull yourself into a better reality. Make this decision for yourself, and you won't regret it!

Now and then:

My main transformation happened four years ago, mostly in my mind. My husband and I moved to Australia, without speaking the language (I am Russian), friends, career, culture or knowing the history of the country. This was one of the most difficult chapters of my life and it changed me forever. I soon decided to become a certified Personal Trainer and I've now got the job of my dreams. When you do what you really love and help people around you, that's when the real miracles begin to happen in your life.



COURTNEY MCCONNELL

Gold Coast, QLD

Age: 25

Height: 158cm

Weight: 54kg

Pivotal moment:

I had always 'tried' to exercise and eat well because I was bullied throughout primary school and high school for having bigger legs, which made me self-conscious. But I never really got into a routine and I partied too much. The turning point for me was coming back from Europe when I was 18 and I just truly had no confidence. I was so unhappy in my own skin; that was my turning point. I made a vision board on the back of my door, started to go for runs every day, attended group fitness classes, learnt about nutrition/macronutrients by myself and I hired a PT once a week.

A perfect Sunday:

A sunrise walk on the beach with a puppy (ha ha), weight training with my boyfriend and a delicious breakfast before heading to the beach for some sun. Afternoon nibbles with friends and family watching the sunset, and a delicious home cooked dinner with a sneaky red wine.



MELISSA CARVER

Melbourne, VIC

Age: 30

Height: 161cm

Weight: 53kg

Now and then:

I'm a completely different woman. Living a healthier lifestyle has literally transformed me from the inside out! I have gained so much more than just physical strength, a female's body is absolutely incredible and one of the biggest lessons I've learnt is how to truly believe in myself and trust my body. Also, a thorough knowledge of nutrition and exercise helps me to manipulate my body which has helped me maintain my body all year round. I have gone from frail, shy and very unhealthy to feeling confident in my physique and mentally stronger than ever.

Number one lesson:

Women are not designed the same as men and therefore shouldn't be trained using the same methods, I believe this is creating more problems for ourselves both physically and especially mentally.

Meet the category winners!

40+ winner

LYNETTE EMERT
Gold Coast, QLD

Age: 44

Height: 153cm

Weight: 49kg

What have you had to overcome to get to where you are today: Growing

up in an alcoholic home and becoming a working single mum has made me a strong, stubborn and independent person even from a young age. Also, over the past 5 years I have had immediate family members pass away each year. My dad, mum, step-mum, step-dad, brother, mother-in-law and father-in-law.

It's been extremely difficult, but I have pushed through with the help of daily training to clear my head and keep me positive about life!

Best advice: 'You do you'. It's not a competition against the girls next to you

at the gym or that girl on social media. Just be the best you and achieve your own goals. Comparison is the thief of joy. Also, start every day with fresh air. Go for a walk, clear your head and reset your thinking. I have always been able to do this. I'm an obnoxiously positive person (ha ha)!

Number one lesson: Listen to your body, know your body and stop when it tells you to stop. Only keep pushing if it's safe! Health is more than just activity, it's also what you eat! Know your nutrition and take advice from those you know and trust in the industry. DO NOT follow an ad on social media promoting the new 'biggest and best' product or program before doing your research!

Why health and fitness are important to you: As a mum to two pre-teen girls at the time I started my health and fitness journey, I realised the responsibility I had to show them a good example of how a happy, healthy life is meant to look like. It's important to me because I want the best for them, but also for myself!



Fit mum winner

TENILLE DUNCAN
Gold Coast, QLD

Age: 35

Height: 168cm

Weight: 55kg

Life then and now:

I became a mum at a young age. I really struggled with the way my body had changed. After each baby I had, I was always trying the latest fad diet to starve myself hoping that I'd 'look better'. But I was never happy. After my third child, I became extremely exhausted and tired all the time. I didn't exercise at all, I busied myself with the kids, work, housework and told myself I'd be selfish if I took the time out to exercise - but really, it was just an excuse. Deep down I knew I had to get healthy and start

some sort of exercise, but I was scared because I didn't believe that I could exercise; I was that unfit.

Pivotal moment: YES! I remember so clearly. I was sitting on the lounge chair watching my son play. I had just gotten my older kids off to school and cleaned up breakfast and put on a load of washing; it was around 9.30 am and I was exhausted! I felt so completely tired and I felt so ashamed that I felt so tired and unfit all the time - and I was only in my 20s. I knew I had to make a change.

Quote she lives by: Expect nothing and appreciate everything'. I love this quote because by realising that nothing is owed to me makes me a hard worker and appreciation and gratitude makes me realise I'm in love with the life I already have.

A perfect Sunday: Sundays are my rest day. It's all about switching off and having quality time with my family. A perfect day would be getting outside in the sun, going to the beach or spending the day wakeboarding with family and friends.

Transformation Winner

GLENDACELDUFF

Sydney, NSW

Age: 48

Height: 168cm

Weight: 65kg

Life before training: Before I began my weight loss/fitness journey, I was sleeping, eating, working, eating, running my kids around and eating. I weighed 110kg.

I was a cook in a pre-school and I would pick all day while cooking. I would finish work after 1pm and would regularly stop for KFC or McDonalds on the way home. I thought I was active by doing Physical Culture one night a week and netball on weekends.

But I wasn't happy on the inside; though I would always appear bright and bubbly on the outside. I was always tired and happy to "watch" as opposed to "partake".

Pivotal moment: My daughter was accepted into the Australian aerial skiing program. I was so proud of her but I was terrified. I knew that if I kept going the same way I was going to get even bigger and I wouldn't be able to fit on the plane seat to see her compete for her country. So, with that, I decided enough was enough... and my journey began.

First training session: I sat in the carpark at World Gym Penrith for about 15 minutes trying to convince myself it was okay to go in. I was embarrassed and thinking everyone would stare at me. Eventually, I went and met my trainer. Matt was 18 and had just finished TAFE. My first thought was: "This poor young kid being stuck with a fat old woman". I felt embarrassed as he took all my measurements and weight. We lifted some very light weights, walked slowly on a treadmill and I was wrecked. I can't say I enjoyed it but Matt made me feel comfortable and encouraged me to continue. Now, I confidently walk into the gym, have my little chats, hit my cardio first up, then jump on down and hit the weights.

Now and then: Oh WOW, where do I start? I now feel alive, inside and out. I love life, love going for walks, love going to the gym, love the feeling after I train in the gym. I'm not just bright and bubbly on the inside now. My eyes are sparkling and my smile is genuine. I have the energy to burn and feel an active part of my family again.



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► BY ALEXANDER CORTES, CPT, NASM-PES PHOTOGRAPHY BY DALLAS OLSEN
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A busy gym means limited options when it comes to prime-time training, but if you can commandeer a plate, then you have all you need to work your body from head-to-toe and burn a ton of fat and calories.

The key to this mega-burn is peripheral heart action training, a time- and space-efficient way to train that alternates between upper- and lower-body muscle groups. By forcing the blood supply to alternate between muscles with the greatest distance from each other, the heart has to work much harder, even when doing movements that aren't typically that demanding (i.e., biceps curls as opposed to squats). This shunting process means your heart rate stays elevated during the workout, resulting in improved aerobic capacity and endurance while incinerating calories.

“Your heart rate stays elevated during the workout, resulting in improved aerobic capacity and endurance.”

The workout

Set yourself up with a 10-20kg plate and find some space to move. Do one round of the eight-move circuit without resting, then rest up to three minutes before hitting it again. For an even greater challenge, try holding onto the plate even during your rest periods — it sounds easy, but it's a real challenge! Go through the workout up to five times, decreasing your reps as indicated in the chart with each round as you fatigue.

EXERCISE

Standing overhead shoulder press
Overhead plate reverse lunge
Overhead chop
Bent-over two-arm row
Sumo squat
Neutral-grip biceps curl
Standing calf raise
Close-grip push-up

REPS PER ROUND

15, 12, 10, 10, 10
15, 12, 10, 10, 10
15, 12, 10, 10, 10
15, 12, 10, 10, 10
15, 12, 10, 10, 10
15, 12, 10, 10, 10
20, 15, 12, 12, 12
15, 12, 10, 10, 10

TIP: make sure you don't chin-check yourself; tuck your head back and get your chin out of the way as you press the weight past your face.

1

Standing overhead shoulder-press

SET-UP: hold a plate parallel to the floor at chest level with your elbows tucked in to your sides and your knees slightly bent.

MOVE: press the plate straight up overhead until your arms reach full extension without locking out. Lower slowly to the start and repeat.



Overhead plate reverse-lunge

2

SET-UP: hold the plate overhead with your arms straight and your shoulder blades set into your back for stability. Stand with your feet together, knees slightly bent.

MOVE: step back with one foot and bend both knees to lower toward the floor. When your rear knee almost touches the ground and your front thigh is parallel to the floor, push off your rear foot and return to standing. Continue, alternating sides.



TIP: always keep your eyes looking straight ahead. Looking down toward the ground can cause you to round forward, pitching the weight forward and altering the mechanics of the movement.

Bent-over two-arm row

SET-UP: stand with your feet together and hold the plate by the edges with both hands. Fold forward until your torso is about 45 degrees to the floor, back flat and glutes tight. Extend your arms straight toward the floor.

MOVE: drive your elbows up and back, retracting your shoulder blades as the plate comes close to your body. Pause and squeeze before lowering slowly to the start.

TIP: keep your arms in close to your sides throughout; don't let your elbows flare.

4

TIP: don't strain with your arms to keep the weight moving. Use your lower body to propel the motion.



Overhead chop

SET-UP: stand with your feet shoulder-width apart and hold the plate by the edges in front of you with both hands.

MOVE: bend your knees into a shallow squat while swinging the plate between and through your legs, arms straight. Quickly extend your legs and snap your hips forward to generate momentum to carry the plate up in an arc in front of you and overhead. Allow controlled momentum to carry the plate back down and through your legs once more to complete one rep.



5

Sumo squat

SET-UP: take a double shoulder-width stance with your toes angled out about 45 degrees and hold a plate at your chest, elbows bent and tucked into your sides.

MOVE: squat down, tracking your knees over your toes. When your thighs come parallel to the floor, reverse the move and squeeze your glutes as you return to the start.

TIP: don't let the plate pull you forward. Keep your torso erect and your shoulders back to maintain proper posture.



TIP: remember that the negative contraction is as important as the positive one. Use a 1:2 ratio of positive-to-negative to make the most of each rep.



6

Neutral-grip biceps curl

SET-UP: stand with your feet hip-width apart, knees slightly bent, and hold the plate by the sides in front of you, arms straight.

MOVE: bend your elbows and curl the plate up toward your chin in a smooth arc, stopping as it approaches your face. Lower slowly to the start and repeat right away.

7

Standing calf-raise

SET-UP: put a 20kg plate on the floor and hold your original plate with both hands in front of your thighs. Stand with the balls of your feet on the edge of the plate and drop your heels off the back toward the floor.

MOVE: slowly rise up as high as you can onto your tiptoes, flexing hard at the top of the rep, then lowering slowly back down.

TIP: if you have trouble balancing, do single calf raises: hold the plate in one hand and place your other hand on a wall or machine for stability. Then use one foot at a time for calf raises.



8

Close-grip push-up

SET-UP: OK, so we lied — you get to drop the plate for this move! Start in plank position with your hands on the edges of the plate underneath your shoulders and your legs extended behind you with your head, hips and heels in line.

MOVE: bend your elbows and lower your chest toward the plate, keeping your elbows in close to your sides and your abs tight. When your chest touches the plate, reverse the move and return to the start.



TIP: squeeze your glutes to prevent your pelvis from sagging and prevent lower-back strain.

POWER UP *your* *glutes* *&* *hamstrings*



WRITTEN AND DEMONSTRATED BY **KELSEY WELLS** - PWR SWEAT TRAINER
PHOTOGRAPHY BY **DALLAS OLSEN** HAIR AND MAKEUP BY **KAYLA CONNOR**



*We've claimed her as an honorary Australian and now Sweat coach **Kelsey Wells** is bringing her high-volume, lower-body blaster down under to get those hearts racing and calories burning!*

Kelsey's glutes and hamstrings workout is a high-volume lower-body blast that incorporates two four-minute activation circuits as part of the warm-up, three exercises in a pyramid-style set and rep scheme, an eight-minute tri-set circuit and two 60-second burnouts to finish you off. Kelsey uses a variety of resistance equipment such as free weights, resistance bands plus bodyweight exercises to help build both lean muscle and strength, that will also help to improve your overall performance and energy levels.

When it comes to selecting a weight for equipment, Kelsey recommends the heaviest weight with which you can complete all given reps in a set with correct form. You will gradually increase as your strength improves. Select a weight that is a 7/10 difficulty (1 being incredibly easy and 10 being impossible).

Take on this high-volume glute and hamstring workout and feel the burn!

ACTIVATION 1: 4-MINUTE CIRCUIT

Single-leg elevated glute bridge

20 REPS (10 PER SIDE)

Lie flat on your back on a yoga mat. Bend your right knee and position your foot firmly on the mat, extending your left leg directly in front of you or to the ceiling, ensuring your spine is in a neutral position. Allow your arms to rest by your sides on the mat. This is your starting position.

INHALE, EXHALE. Press your left heel into the mat, activate your glutes and raise your pelvis off the floor until your body forms one straight line from chin to knee, resting on your shoulders.

INHALE. Lower your pelvis to return to the starting position.

Complete half of the specified repetitions on the same side before completing the remaining repetitions on the other side.



Star jumps

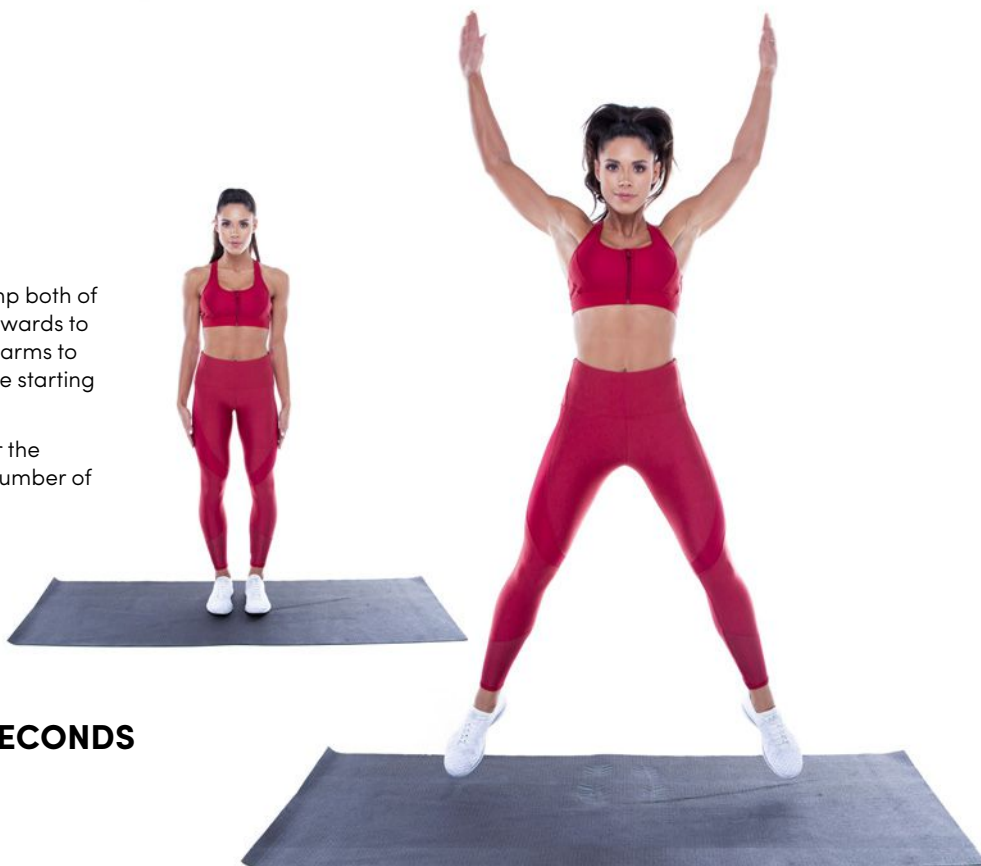
40 REPS

With your arms by your sides, plant both feet together on the floor. This is your starting position.

Quickly jump both feet outwards so that they are wider than your hips. At the same time, raise your arms upwards and outwards from the sides of your body so that your hands almost meet directly above your head.

Quickly jump both of your feet inwards to lower your arms to return to the starting position.

REPEAT for the specified number of repetitions.



SUB-CIRCUIT BREAK: 60 SECONDS

ACTIVATION 2: 4-MINUTE CIRCUIT

Donkey kick

20 REPS (10 PER SIDE)

Start on all fours on a yoga mat. Ensure that your knees are below your hips and your hands are below your shoulders. Set your spine in a neutral position and draw your shoulder blades down and back.

INHALE, EXHALE. Keeping your knee bent, release and elevate your right leg until your thigh is in line with your spine, ensuring that your foot remains flexed.

INHALE. Lower your right leg to return to the starting position, but without resting your knee on the mat.

Complete half of the specified repetitions on the same side, before repeating the remaining repetitions on the other side.



High knees

30 REPS (15 PER SIDE)

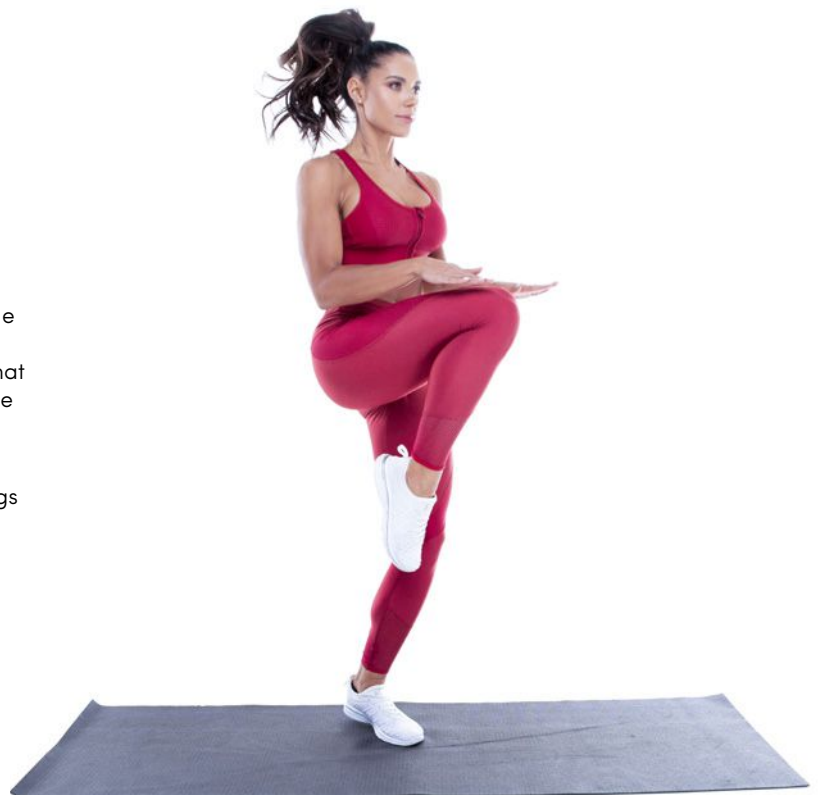
Plant both feet on the floor slightly further than shoulder width apart.

Keeping your weight on your left foot, bend your right leg to bring your knee into your chest.

Lower your right leg and plant your foot on the floor. Keeping your weight on your right leg, bend your left leg to bring your knee into your chest.

Once you are comfortable with this movement, increase your speed so that you are hopping from one foot to the other.

Continue alternating between right and left legs for the specified amount of time



SUB-CIRCUIT BREAK: 60 SECONDS



PYRAMID 1:

Deadlift (Olympic bar)

SET 1: 12 REPS

REST: 30 SECONDS

SET 2: 10 REPS

REST: 30 SECONDS

SET 3: 8 REPS

REST: 30 SECONDS

SET 4: 6 REPS

Holding a barbell with both hands with a pronated grip (palms facing towards your body) in front of your legs, plant both feet on the floor hip-width apart.

Draw your shoulder blades down and back to push your chest out slightly. This is your starting position.

INHALE. Bending from the hips only, allow the barbell to run along the length of

your thighs. Once the bar reaches your knees, bend your knees and allow the bar to run halfway down the length of your shins. Ensure that you maintain a proud chest and that your head is an extension of your spine. You should feel tension in your hamstrings (back of your legs). As you reach halfway down your shins, exhale. Push through your heels and, using your glutes and hamstrings, extend your knees and hips to return to the starting position. Ensure that the barbell remain in contact with your legs.

REPEAT for the specified number of repetitions.

**REST AND EXERCISE
CHANGE: 90 SECONDS**

PYRAMID 2:

Hip thrust (Olympic bar)

SET 1: 12 REPS

REST: 30 SECONDS

SET 2: 10 REPS

REST: 30 SECONDS

SET 3: 8 REPS

REST: 30 SECONDS

SET 4: 6 REPS

Lie on the floor with a barbell across your hips (slide under the bar or ask someone to spot you). Hold it with both hands on either side of your hips. You may wish to place a pad or towel around the bar to increase comfort. With knees bent and feet firmly planted on the floor, brace your core and press your

heels into the floor, driving your hips upwards. Pause at the top, making sure to squeeze glutes. Lower your hips to return to the starting position, but without resting your glutes on the mat.

EXHALE, INHALE. Holding onto the barbell, press your heels into the mat and raise your hips off the floor once again.

REPEAT for the specified number of repetitions.



TRI SET 1: 5-MINUTE CIRCUIT

Squat (BB)

10 REPS

Set the barbell on the squat rack at about chin height. Position yourself beneath the bar so that it rests comfortably on your shoulders. Place both hands on the bar in an overhand grip (palms facing away from your body) slightly wider than your shoulders.

Now stand up tall and release the bar from the squat rack. Take a small step backwards and plant both feet on the floor slightly further than shoulder-width apart. This is your starting position.

INHALE. Looking straight ahead, bend at both the hips and knees, ensuring that your knees remain in line with your toes. Continue bending your knees until your upper legs are parallel with the floor. Ensure that your back remains within a 45–90-degree angle to your hips.

EXHALE. Push through the heels of your feet and extend your legs to return to the starting position.

REPEAT for the specified number of repetitions before returning the bar to a secure position on the squat rack.



Box jump

40 REPS (20 PER SIDE)

With a plyometric soft box (beginner) or a plyometric platform box (pro) directly in front of you, plant both feet on the floor shoulder-width apart. This is your starting position.

INHALE. Looking straight ahead, bend at both the hips and knees, ensuring that your knees remain in line with your toes. Continue bending your knees until your upper legs are parallel with the floor. Ensure that your back remains within 45–90 degrees to your hips.

EXHALE. Propel your body upwards and forwards,

drawing your knees into your chest, to land in squat position on top of the box. Ensure that you maintain 'soft' knees to prevent injury.

INHALE. Push through your heels and extend your legs to find a standing position on top of the box.

EXHALE. Carefully step backwards off the box, one foot at a time, to return to the starting position.

REPEAT for the specified number of repetitions.



Glute kickback pulse

40 REPS (20 PER SIDE)

Starting on all fours on a yoga mat. Ensure that your knees are below your hips and your hands are below your shoulders. Set your spine in a neutral position and draw your shoulder

blades down and back. This is your starting position.

INHALE, EXHALE. Release and extend your right leg backwards and upwards until it is in line with your spine, ensuring that your toes remains pointed. This

is called the full horse-kick position.

INHALE. Lower your leg slightly and then elevate your leg back into full horse kick position, ensuring that you initiate the movement from the hip. Repeat until

you have completed five pulses in total.

EXHALE. Lower your leg slightly and then elevate your leg back into full horse-kick position, ensuring that you initiate the movement from the hip. Repeat until you have completed five pulses in total.

REPEAT this movement on the same side for half of the specified amount of time, inhaling for five pulses and exhaling for five pulses. Repeat the movement on the other side for the remaining time.



CIRCUIT BREAK : 60 SECONDS

BURNOUT 1: 1 MINUTE

Swiss ball hamstring curl

60 SECONDS

Start by lying flat on your back on a yoga mat with your feet elevated on a fit ball. Allow your arms to rest by your sides on the mat. Engage your abdominal muscles by drawing your belly button in towards your spine. Using your glutes and hamstrings, gently raise your hips off the floor so that you are resting on your upper back and your body forms one straight line from head to toe. This is your starting position.

INHALE, EXHALE

While keeping your feet together and hips elevated, bend your

knees to bring your feet in towards your glutes. This movement will cause the fit ball to roll in towards you.

INHALE. Extend your knees to return to the starting position, ensuring that your hips remain elevated. This movement will cause the fit ball to roll away from you.

COMPLETE as many reps as you can in 60 seconds



BURNOUT 2: 1 MINUTE



Sumo squat pulse

60 SECONDS

Plant both feet on the floor further than hip-width apart. Point both feet slightly outward. This is your starting position.

INHALE. Looking straight ahead, bend at both the hips and knees, ensuring that your knees remain in line with your toes. Continue bending your knees until your upper legs are parallel with the floor. Ensure that your back remains within a 45-90-degree angle of your hips. This is called the full

squat position.

EXHALE. Push through your heels and extend your legs slightly.

Bend your knees again to return to full squat position.

CONTINUE this pulse action for as many reps as you can in 60 seconds

Kelsey's Top Tips:

1. Mind-body connection is real! Breathe through your movements and focus on engaging your glutes and hamstrings with each set.
2. Always make sure you are using proper form. Follow the instructions and ask for help if needed.
3. Remember that everyone starts somewhere. If you're new to weight training, always use lighter weights until you are sure of your form.
4. Be confident!



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the LOW-FAT V

Since the 1980s, the public has been told to opt for low-fat foods over full-fat ones. Sorry to say, you were lied to!

This radical change was initiated from a few mechanistic and animal studies and some cross-national comparisons that were developed suggesting the potential benefits of a low-fat diet. There were also some small trials demonstrating poor satiety of full-fat which were correlated to potentially cause over-eating. The decision from these results was mainly based on calorie effects, but they assumed that overeating on a high-carbohydrate diet was virtually impossible and so replacing fat with carbohydrates would help with weight loss. I know! Sounds ludicrous, hey!

To add to this, cross-sectional epidemiological studies demonstrated a very small amount of evidence that people who consumed a high-carbohydrate or high-sugar diet weighed less than those who consumed a high-fat diet... Thank goodness for our current knowledge of 'skinny-fat', is all I can say about that!

Based on all this kerfuffle, the US and Australian governments recommended to reduce all full-fat dairy, butter, oils, nuts, avocado and fatty fish. And to increase to 6-11 servings of grain products and additional potatoes, and of course the manufacturers and food industry jumped on board... the rest is the disaster that we are now left with.

We are left with a pandemic of huge food chain stores shelf-laden with inexpensive starchy and sugar products high in calories that have increased obesity and type-2 diabetes, fatty liver, dyslipidemia and cardiovascular disease, thanks to the sugar industry^{1,2}. In fact, a recent study by a University of California, San Francisco (UCSF) group claims that the sugar industry "suppressed" the negative research it had



funded³. Another research analysis also discovered a lack of disclosure from the Sugar Research Foundation in having a key position in funding the research⁴.

There are many high-quality studies consistently showing that full-fat consumption does not predict changes in body fat, or any association with all-cause mortality, coronary heart disease (CHD), ischaemic stroke or type-2 diabetes in healthy adults, including a pioneering systematic review and meta-analysis⁵.

Furthermore, a meta-analysis of clinical trials reports low-fat diets to be inferior to low-carb diets, Mediterranean diets and all high-fat diets⁶.

Here are some important beneficial facts about eating full-fat versus low-fat:

- ▶ Full-fat slows down the release of sugars into your bloodstream, helping to prevent over-eating
- ▶ When you eat full-fat versus low-fat, the

fat will actually delay the absorption of the milk's sugar form (lactose)

- ▶ Just because a product is low-fat, it does not mean that it is calorie-free
- ▶ Studies have demonstrated that people tend to eat more of the low-fat foods than of the full-fat version
- ▶ A 2013 review published in the European Journal of Nutrition found that people who eat full-fat dairy tend to be leaner than those who opt for low-fat versions⁷. This has also been indicated in a recent long-term study published in 2016⁸.
- ▶ The American Journal of Clinical Nutrition states that full-fat cheese does not alter LDL cholesterol. It also raised healthy HDL cholesterol levels much better than low-fat varieties⁹.

So how does full-fat work to avoid weight gain in the body?

Eating full-fat results in a much slower blood sugar rise over a longer duration

FULL-FAT

debate

BY **CLAUDETTE CASEY-FREEMAN**

Research & Clinical Nutritionist, B.Hlth.Sc (Nutritional Medicine) & BMedsMgmtProfHonsCM, AduCert Psych, AduCert Sociol, Cert III in PT & Fitness, Owner of Natural Healthcare Practitioners



of time, making insulin follow the same pattern. Less circulating insulin creates less risk for insulin resistance and diabetes development. Studies suggest that two of the fatty acids contained in dairy, such as pentadecanoic acid and heptadecanoic acid, may play specific roles in reducing these risks⁷. Another fatty acid contained in dairy (butyric acid) is known to benefit gastrointestinal health and may hold promise in the treatment of irritable bowel syndrome, according to a 2013 review from Poland¹⁰.

Obesity remains a significant public health concern in Australia today and food analysis groups have revealed that sugar content is often higher in low-fat versions of dairy products, baked goods, meats, fish and poultry, and fats, oils and salad dressings¹¹. Ironically, individuals who believe they are choosing healthier versions of their favourite foods are trading fat for refined processed foods laden with sugar plus hidden chemicals and sugars. While swapping sugar for fat alone may not increase rates of obesity, eating food high in sugar and

excess calories may promote leptin resistance and increases the risk of obesity¹¹.

Conventional thinking suggests that obesity is caused by an imbalance between calories in and calories out; therefore, any excess of calories will result in obesity, so we should eat less and exercise more. Perhaps it is not only how much we are eating, but also what we are eating that may be encouraging our bodies to store fat.

A thorough examination of this massive public health failure has never been conducted. Consequently, significant harms persist due to the low-fat diet remaining entrenched in public consciousness and food policies. Centres in coronary artery pathogenesis and treatment, as well as many doctors and the public, are still in the conceptual mode of dietary saturated fat causing clogged up arteries, whereas it is more likely to be the concentrated sugars, refined carbohydrates and polyunsaturated fat intake^{12,13}.

I would like to ask the question: when are the policy changes going to occur so that we do not promote the expansion and development of obesity and metabolic disease? Too many research studies have called for a change in the policy of recommending only low-fat products, yet we are still waiting.

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Oxygen

*flicks back
through the pages
of 100 issues*

& celebrates milestones in the
health and fitness industry

*Oxygen wasn't there for the dawn of exercise...
but we've certainly made our mark these past
100 issues. We have some incredibly loyal
readers who have been with us on this journey,
but to those who have just arrived, you've got
a lot of catching up to do!*



2009

Oxygen Magazine Australia awarded to a new publisher

POWERHOUSE LINDY OLSEN (NOW EDITOR-IN-CHIEF) IS FEATURED ON THE COVER OF THE LAUNCH

Lindy and Dallas Olsen become responsible for the entire content production of Oxygen (from their kitchen/garage in Noosa, Queensland)

*The inaugural Covergirl Competition is launched...
... and the winner is Kristen Mathers*

2010

The covergirl competition ran successfully for the second year in a row...

... and was won by Katrina Wilson

While Lindy and Dallas were overseas competing at the world titles, little did everyone know they were both focused on sending the latest issue of Oxygen to print. To top it all off Lindy brought home two world titles.



2011

OXYGEN HQ OPENS ON THE GOLD COAST AND BECOMES THE HOME OF OXYGEN AUSTRALIA

Jamie Eason joins the Oxygen Covergirls at the Filix Fitness Expo

Oxygen Australia hits 50,000 on Facebook

Women's Workout Annual was launched in conjunction with Oxygen

55-year-old Lesley Maxwell graces the cover of issue #48, proving that Oxygen is truly a magazine for ALL women

Oxygen and ANB hold the first Ultimate Fitness/Model weekend

Launched Clean Eating Magazine in Australia

ULTRA FIT MAGAZINE WAS RELAUNCHED AS FITNESS MAG

Hattie Boyle is included in the regular 'Future of Fitness' column. (Hattie would go on to become the 2016 WBFF Pro Fitness Model World Champion)

Monika Coorey won the covergirl competition



2012

Alicia Marie is Oxygen special guest for the 2012 National Fitness Expo

The fitness industry mourned the passing of icon publisher, Robert Kennedy, after his battle with cancer

THE GRUELLING TOUGH MUDDER OBSTACLE RACES HIT AUSTRALIAN SHORES FOR THE FIRST TIME

The Australian version of Muscle Mag International is launched with Jon Davie as editor

Emily Skye features on the cover of issue #55. Emily will go on to become the world's No.3 fitness influencer, according to Forbes Magazine

Justine Switalla is given the honour of being named Oxygen's first Ambassador

The Covergirl Competition winner is Jody Viglione





2013

Tosca Reno is the Oxygen special guest for the 2013 National Fitness Expo

THE FITNESS SHOW HEADS ACROSS TO WA FOR THE FIRST TIME

Jenna Douros wins the covergirl competition for 2013

The US publishing company that produced Oxygen closed its doors. Oxygen Australia is tasked with producing 100% of their own content. Featuring more Australian fitness models, athletes and stories than ever before



2014

In issue #64, editor-in-chief Lindy Olsen reinforces Oxygen's commitment to featuring real and genuine women, in the magazine, and on the covers. Lindy states loud and clear, that the magazine will NEVER Photoshop or alter the shape of the girls on the cover – something that the magazine still upholds to this day. In Lindy's words, 'We will whiten eyes, teeth and remove blotches from bad tans and that's about it! Something I'm super proud to say. Our girls are REAL and you can be sure that they've literally worked their butts off to get into that kind of condition'.

Lindy and Dallas Olsen welcome their daughter Alexa into their family and the Oxygen family

US fitness model Kim Dolan Leto is the Oxygen special guest for the 2014 Australian Health and Fitness Expo

PAIGE HATHAWAY IS THE ISSUE #68 COVERGIRL AND AT THE TIME HAD 900,000 INSTAGRAM FOLLOWERS. TODAY PAIGE HAS MORE THAN 4 MILLION INSTA-FANS!

Oxygen started to question the role that 'fitspiration' was having on women's mental health. Whether the images we see are motivational or more likely to become an unhealthy obsession for comparisons and judgement

Danielle Appi wins the covergirl competition for 2014 at 41 years of age, proving yet again that Oxygen is a magazine for ALL women

Skye Cushway and Sharna Bender are honoured to be added to the Oxygen Ambassador team which now includes Justine Switalla, Lesley Maxwell, Penny Lomas and Amanda Steer

2015

WORLD FIGURE CHAMPION ERIN STERN GRACES THE COVER OF ISSUE #74 AND SHARES SOME OF HER TRAINING AND DIET TIPS

The first Arnold Classic was held in Melbourne, with Arnold Schwarzenegger himself in attendance

International favourite Jamie Eason Middleton is featured on the cover of Issue #75 which is dedicated to Fit Mums

4 x WBFF Diva Fitness World Champ, Andrea Brazier, features on the cover and in the pages of issue #79

Alicia Bush is named Oxygen Covergirl competition winner for 2015

2016

Caterina Ruberto appears in the "Future of Fitness" column alongside Rachel Dillon. Caterina will grace the issue #98 cover just two years later and Rachel will be one of the 2017 Oxygen 12-week Challenge Coaches!

Oxygen magazine already starts warning its readers about the pitfalls of social media including bought followers, fake and Photoshopped images, highlight reels, comparison mindsets, anti-motivational overload, trolls and judgemental comments and the effects it has on mental



health – issues that have only grown in relevance two years on

Lauren Simpson graces the cover of issue #85 with her totally untouched photo, proving that Oxygen stands behind its word about not Photoshopping covergirls' bodies

The previous publisher closes its doors and Challenger Media Group takes over as publisher for Oxygen Magazine in Australia and NZ

THE MAGAZINE INTRODUCES A NEW "SPOTLIGHT" SECTION FOR WOMEN WHO EMBODY THE FEMALE FITNESS PHENOMENON AND THE BEAUTIFUL FUTURE COVERGIRL, SHANNAH BAKER, IS THE FIRST TO BE FEATURED IN THIS NEW SECTION

In issue #86 Oxygen proves once again that it is prepared to tackle the hard issues when it features a very moving and emotional story of sexual abuse, depression and triumph from Oxygirl, Dani Calvert. Over the years, the magazine has tackled many confronting and emotional topics such as cancer; sexual and physical abuse, domestic violence, mental health issues and more, all with the positive message of overcoming adversity and becoming the best version of you

WE LAUNCHED OUR POPULAR WORKOUT E-BOOKS COVERING DETAILED WORKOUTS FOR EVERY MAJOR BODY PART!

Claudia Jovanovski is crowned the 2016 covergirl competition winner and Danielle Appi is blown away by being made an Oxygen Ambassador

2017

Editor-in-chief Lindy Olsen starts the year off with a bang by loudly and proudly proclaiming yet again that Oxygen Magazine Australia chooses to lead the way in the fitness industry by refusing to Photoshop or airbrush the Oxygirls' images. In doing so, Lindy reinforces the belief that being 'perfectly imperfect' is more than enough and that real, relatable, genuine, hard-working and healthy women will always be the focus for the magazine under her leadership

Oxygen HQ opened its doors to some very special guests for a day of fun, learning and celebrating all forms of beautiful when the Girl Guides from Caloundra visited as part of their "Free Being Me" program

Issue #90 features the dynamic duo and coaches for the 2017 Oxygen 12-week challenge – Miss WBFF Fitness World Pro Hattie Boyle and Miss WBFF Bikini World Pro Rachel Dillon

OXYGEN MAGAZINE REVEALS A WHOLE NEW LOOK FOR ISSUE #91 AND FOR THE SECOND TIME THE GORGEOUS, 'UNTOUCHED' LAUREN SIMPSON GRACES THE COVER, SCARS AND ALL!

Oxygen declared 2017 as the year of the anti-diet and encourages readers to adopt a healthy and balanced eating plan for life rather than yoyo dieting and fad restrictive and dangerous eating plans that deliver short-lived results and negative health impacts
In a nod to the increasing movement towards clean eating and plant-based nutrition, Oxygen includes a "flexitarian" meal plan for its readers, which accounts for those who want to eat plants predominantly but can't quite give up their chicken and fish full-time!

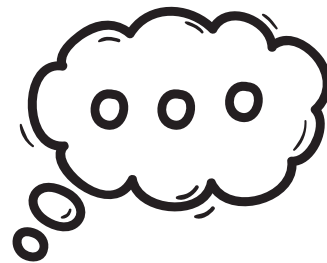
OXYGEN INTRODUCES THE INAUGURAL READER'S CHOICE CATEGORY FOR THE COVERGIRL COMPETITION

Sophie O'Callaghan is named 2017 covergirl winner and Alana Collins wins the Reader's Choice category

INTERNATIONAL FITNESS MODEL JAMIE EASON IS ONCE AGAIN A GUEST IN AUSTRALIA AND HOLDS A WORKSHOP AT OXYGEN HQ FOR ASPIRING FITNESS MODELS



100TH ISSUE



2018

LINDY SHINES ON THE FIRST COVER FOR 2018 AND IS ANNOUNCED AS THE NEXT COACH FOR THE OXYGEN 12-WEEK CHALLENGE

The Arnold Classic returns in March to Melbourne and has officially become Australia's biggest fitness expo and multi-sport festival with over 60,000 visitors

The incredible physique of issue #96 cover girl, Morgan-Rose Moroney, sparks a social media storm giving Oxygen magazine the opportunity to once again communicate its strong stand against anti-photoshopping images and fitness models. Morgan is an outstanding athlete with an enviable physique that she has worked long and hard for and that's exactly how she was represented on the cover!



OXYGEN LAUNCHES THE 2018 COVERGIRL COMPETITION AND ANNOUNCE THEY WILL BE HOLDING A CELEBRATION 'ACTIVATION' EVENT FOR THE 100TH ISSUE AT BURLEIGH HEADS, QUEENSLAND

The Covergirl winner was announced at the event

OXYGEN ALSO ANNOUNCES A VIP COCKTAIL GALA TO BE HELD ON THE GOLD COAST

Oxygen is 100 ISSUES STRONG

Reflections on an era

*As **Oxygen** evolves, so too does the health, fitness and wellness industry. Our master trainers weigh in on their views of the industry and a few sneaky secrets for our loyal **Oxy** readers.*



LINDY OLSEN

1. A FITNESS FORECAST: WHERE DO YOU SEE THE INDUSTRY HEADING BY THE TIME WE REACH OUR 200TH ISSUE?

Fitness is becoming so advanced. People are really in tune with their health first and foremost these days, which is amazing. I think we will head towards a lot of mindfulness and balance more than anything else. If we reach out to the issue it means we are still banging the drum about being real, being genuine and being okay with that.

2. SHARE A SECRET: WHAT IS SOMETHING YOU HOPE NEVER COMES BACK?

I hope that women and men are smart enough to always remember that depriving yourself of anything is never EVER going to get you the results you want. I hope that the fad to be in shape, above all else despite your health, never ever comes back.

INTRODUCING OUR OXYGEN ACTIVATION COACHES...



SOPHIE GUIDOLIN

1. A FITNESS FORECAST. WHERE DO YOU SEE THE INDUSTRY HEADING BY THE TIME WE REACH OUR 200TH ISSUE? I think we will see a lot of changes in what the 'ideal' body type is, and the way celebrities change their approach to fitness. I believe in promoting a body that you personally love, that way you're always in 'trend' (for yourself!) I think we will see more science around training and (hopefully) progress further to a healthier community!

2. A PIECE OF ADVICE YOU HAVE FOR OUR OXYTEAM? $2+2=4$ but $1+3$ also equals 4. Everyone has a different lifestyle, limitations and experiences. Often what is right for one person, may not work for another, so being open to others' experiences and life lessons is how we can all move forward compassionately. I love that the Oxygen team embraces everyone in their demographic.



LAUREN SIMPSON

1. A FITNESS FORECAST: WHERE DO YOU SEE THE INDUSTRY HEADING BY THE TIME WE REACH OUR 200TH ISSUE? I see the playing field levelling out. As much as I don't want to admit it, the health and fitness industry is still a predominantly male world. I expect to see more female-oriented health and fitness businesses pushing forward and setting the standard in the future, and I plan on being a part of that!

2. SHARE A SECRET: WHAT IS SOMETHING YOU HOPE NEVER COMES BACK? I never want to hear the phrase 'nothing tastes as good as skinny feels' ever again! I don't want to see women starving themselves in the hopes of achieving their dream body. For such a long time, I believed that was the only way to becoming the person I always dreamed of. I have learnt so much since then and I aim to spread the message of fuelling your body for health.



RACHEL DILLON

1. THE EVOLUTION OF NUTRITION - HOW HAS IT CHANGED IN YOUR OPINION?

The world of nutrition is ever-evolving, that is not something that is going to change. Every day we are presented with new information, data and science in regards to the power of food and the way it affects our bodies and performance. What I find interesting is that as we evolve, nutrition seems to be doing a 360. We seem to be going back to the basics; simple, whole, nutrient-dense foods. This is something I am happy to see as it supports my own nutrition philosophy.

2. A PIECE OF ADVICE YOU HAVE FOR OUR OXYTEAM?

My favourite saying of all time is 'consistency is the key to success'. I know it seems like a cliché quote, but it is true. To be successful and prosperous in any facet of life, you have to be consistent.



HATTIE BOYLE

1. TRAINING THEN AND NOW - HOW HAS IT CHANGED IN YOUR OPINION? It has changed so much! Nowadays it's more to do with being an athlete over a fitness model. I follow a plan, I progressive overload, I strength train and I have performance-based goals. There is so much love and enjoyment behind every phase of training. There is a challenge, there is recovery and there is balance!

2. A PIECE OF ADVICE YOU HAVE FOR OUR OXYTEAM? Put your own oxygen mask on first before helping others; it's not selfish, it's love. It's looking after you so you can truly look after others. Journal! It helps declutter your mind by writing out things you've achieved. They need to be celebrated and acknowledged! Write out things you need to improve on; they need attention! And most importantly - BACK YOURSELF!



SHANNAH BAKER

1. THE EVOLUTION OF NUTRITION - HOW HAS IT CHANGED IN YOUR OPINION?

Having an understanding of nutrition and knowing how YOUR body reacts to certain foods. This has changed my life. It enables you to take full control of the results you get, it helps you understand what works and what doesn't. There is no "one size fits all" for nutrition. For me, I now know what works, and WHEN it works - which has helped a lot, especially when it comes to competing. Find what fuels your body right and you will be unstoppable in achieving your personal goals.

2. SHARE A SECRET: WHAT IS SOMETHING YOU HOPE NEVER COMES BACK? That lifting weights makes women 'manly'. I think this myth is slowly fading but I hope it never comes back. STRONG IS SEXY!

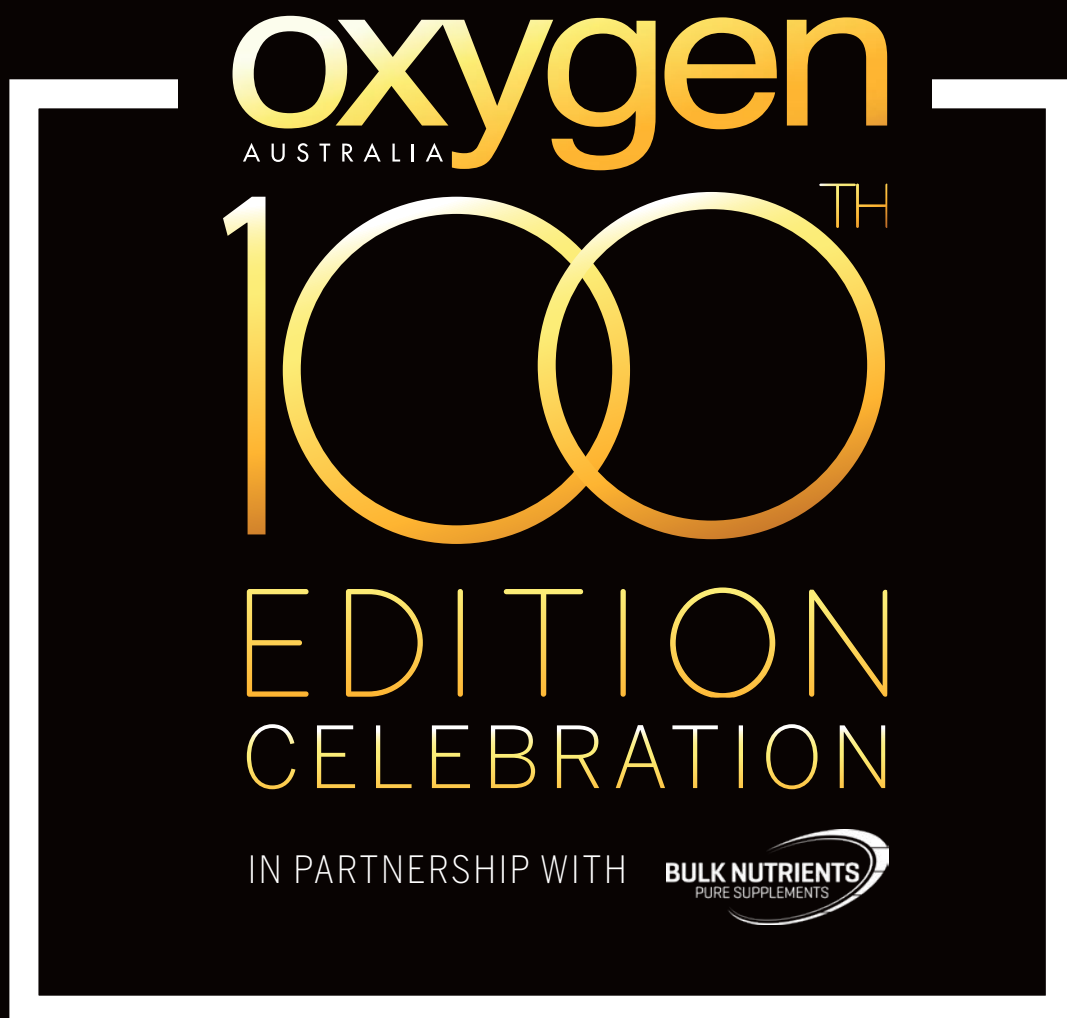


MORGAN MORONEY

1. THE EVOLUTION OF NUTRITION - HOW HAS IT CHANGED IN YOUR OPINION?

I think nutrition in general has become a lot better. More people are aware of what is and isn't good for them. It doesn't mean they always eat what they know is right, but it is becoming more well-known, which is a start. The sense of what is 'good' and 'isn't good' for us has changed alongside people's knowledge of nutrition, for example vegans, pescatarians, the keto diet etc. There are so many more options when it comes to nutrition which is great as everyone will have different nutritional needs.

2. SHARE A SECRET: WHAT IS SOMETHING YOU HOPE NEVER COMES BACK? In all aspects of life, I do not want any hierarchy of genders to come back. Like when women used to get their daily exercise out of housework. The idea of it not being socially acceptable for women to go to the gym or work out like we do now, does not sit well with me.



Thank you
to everyone for coming along on the day
and to our amazing trainers and presenters!




To view photos from the day go to
www.oxygenchallengeau.com/pages/100th-issue-celebration

the before and after meal plan

Choose the best pre-workout and post-workout foods to eat around your specific workout for optimal performance, recovery and results.

By Matthew Kadey, MS, RD





if you're like most people, your actual workout time logs in at roughly an hour, but what happens during the other 23 hours of the day is what ultimately determines your results, especially when it comes to nutrition. What you eat before and after a workout is a crucial element in your programming, and choosing wisely will help you get the results you want. But not all foods are appropriate for fuelling your specific activity. For instance, you'd never eat deep-fried chicken right before running a marathon — unless you want to revisit it shortly after the first kilometre — and you'd never just eat a plain salad after a tough bootcamp, since lettuce alone will not give your body what it needs to recover and rebuild your tissues.

Here, we've uncovered the latest in sports science nutrition to divine the best foods and eating patterns to use around specific activities. This will help you determine how to fuel-up before training and top off your tank when you're done. Use these as a guideline to fuel your machine and hit the road to Resultsville.

WEIGHT TRAINING

BEFORE

POWER UP WITH PROTEIN

Research published in the *Journal of the International Society of Sports Nutrition* shows that eating protein as part of your pre-lift fuel up can help reduce muscle protein breakdown and encourage better gains afterward. But don't pound a burger before hitting the squat rack (hello, gut bomb). Instead, have a light pre-workout snack with some easy-to-digest protein and carbs about 30 minutes before training.

► Eat this: power balls

Soak 1½ cups of dried Mission figs (stems trimmed) in hot water for 30 minutes. Drain, pat dry and process in a food processor with ½ cup of plain protein powder, ¼ cup of cocoa powder, ¼ cup of almond butter, ½ teaspoon of cinnamon, zest of one orange, juice of ½ an orange and pinch of salt. Form mixture into 1-inch balls and keep chilled. Eat two balls before a workout.



AFTER

GET CRACKING

In a head-to-head comparison, researchers from the University of Illinois found that providing people with 18 grams of protein from whole eggs after lifting weights was about 40 per cent more effective at stimulating myofibrillar protein synthetic response (aka muscle building) than egg whites alone. The protein in egg whites is complete, meaning it contains the right mix of essential amino acids, but it's likely that the fat and other nutrients found in the egg yolk work synergistically with the protein in the egg whites to help battle-worn muscles recover.

► Eat this: high-pro egg on toast

Mash two hard-boiled eggs with 2 teaspoons of pesto and ¼ cup of plain Greek yoghurt. Spread on a piece of toasted wholegrain bread.



GOTTA HAVE RICOTTA

Ricotta is a standout source of leucine, the most muscle-friendly amino you can eat after pumping iron. According to research, leucine behaves like a hormone in your body, sparking muscle protein synthesis in response to weight training. Eat a leucine source such as ricotta with an equal ratio of carbs to raise insulin levels and encourage more efficient protein assimilation.

► Eat this: bodybuilder bowl

Stir together ½ cup of part-skim ricotta cheese and 1 scoop of whey protein powder in a bowl. Top with ½ cup of muesli and ½ cup of chopped pineapple.



INTERVAL TRAINING

BEFORE

GET THE BLUES

Researchers from Appalachian State University in North Carolina found that consuming blueberries before intense exercise reduced the markers of muscle damage. The high level of antioxidants in blueberries work to reduce the stress associated with vigorous exercise like high-intensity interval training, and their natural sugars provide a source of quick-digesting energy so you can work at a higher intensity for longer. Combine blueberries with some protein 30 to 60 minutes before interval training to prevent your body from tapping into your muscles for energy.

► Eat This: blueberry rice cakes

Spread 1 tablespoon of cream cheese on a rice cake and top with ½ cup of blueberries and 1 teaspoon of unsalted, dry-roasted sunflower seeds.



AFTER

CEREAL KILLER

A study in the *Journal of the International Society of Sports Nutrition* found that subjects who consumed a bowl of wholegrain cereal with low-fat milk after moderate interval exercise experienced better recovery: the carbs restored spent glycogen reserves, while the milk protein reduced muscle breakdown. As little as 9 grams (1 cup) of a post-workout milk-based protein is enough to kick-start the muscle-making process.

► Eat this: simply cereal

Add 1 cup of a 100 per cent wholegrain, low-sugar cereal to a bowl and top with 1 cup of low-fat milk and a small handful each of walnuts and dried cherries.



EXPRESS-O

Recent research found that adding caffeine to post-exercise carbs can improve performance in subsequent interval training sessions four hours later. It might be that a shot of caffeine increases how much glycogen is produced from the carbs consumed, allowing you to tap into more energy reserves to push harder. Add a little protein to repair the micro-tears in your muscle fibres and accelerate recovery while also quelling hunger.

► Drink this: coffee cure

Blend 1 cup of brewed coffee, 1 scoop of plain or vanilla protein powder, 1 tablespoon of almond butter, 1 tablespoon of cocoa powder, ½ teaspoon of cinnamon and 1 chopped frozen banana.





Bracket your
strength
workout with
quality protein
for optimal
results.



Soup up
your cardio
session to go
longer and
stronger.

CROSSFIT

BEFORE

BOOST BLOOD FLOW

Research published in the *Journal of Agricultural and Food Chemistry* reported that subjects who drank about 2 cups of watermelon juice an hour before working out had less muscle soreness 24 hours later. L-citrulline, a naturally occurring amino acid in watermelon, is thought to increase blood flow to muscles, flushing out metabolic wastes and delivering reparative nutrients.

► Eat this: watermelon warm-up

Scoop $\frac{3}{4}$ cup of plain low-fat Greek yoghurt into a bowl and top with chopped watermelon, 1 tablespoon of roasted pumpkin seeds and a drizzle of honey.



AFTER

COLDS v CARBS

Including quality carbs in your CrossFit recovery plan not only replaces spent energy stores but also could keep the sniffles at bay. According to research, carb-rich foods like spuds, grains and fruit appear to prevent the drop in immunity that occurs in response to intense exercise, making it harder for viruses to invade your body and beat you down.

► Eat this: sweet potato "toast" sandwich

Preheat oven to 200C. Line a baking pan with baking paper. Cut the ends off a sweet potato, then slice lengthwise into $\frac{1}{2}$ cm slices. Place on the baking pan in a single layer, brush with oil and season with salt and pepper. Roast for 10 minutes, flip, brush with more oil and roast another 10 minutes, or until fork-tender. Spread hummus on potato "toast" and top with sliced roasted chicken.



SOMETHING'S FISHY

Studies show that higher intakes of omega-3 fatty acids such as are found in salmon and sardines may translate into reduced delayed onset muscle soreness: when omega-3s enter muscle cells, they limit the exercise-induced damage that causes painful inflammation and may even turn on pathways in the body that increase lean body mass.

► Eat this: salmon saviour

Spread 2 tablespoons of cream cheese on two rye crackers like Ryvita and top with 100 grams of sliced smoked salmon and $\frac{1}{4}$ cup of sliced roasted red capsicum.



STEADY-STATE CARDIO

BEFORE

SOUP'S ON

In an *International Journal of Sport Nutrition and Exercise Metabolism* study, people who ate chicken noodle soup before cycling drank and retained more water during the ride than those who just downed H₂O. The salt content and other aspects of the soup seem to bring about a change in kidney function that promotes better hydration, and the noodles will give you some necessary energising carbs for endurance.

► Eat this: pre-game potage

Warm up a quality store-bought soup about 30 to 60 minutes before cardio. If you need more carbohydrate calories, eat some wholegrain crackers along with it.



AFTER

COTTAGE INDUSTRY

Beyond the benefits of restocking energy stores and healing muscles, British researchers showed that people who consumed protein and carbs in a 3-to-1 ratio after a treadmill run experienced less bone breakdown and increased bone formation. Cottage cheese has all the protein you need for speedy recovery, while add-ins like muesli and fruit will please your carb-thirsty muscles.

► Eat this: bone-bolstering bowl

Blend together $\frac{3}{4}$ cup of low-fat cottage cheese, 2 teaspoons of peanut butter, $\frac{1}{2}$ teaspoon of vanilla extract, $\frac{1}{4}$ teaspoon of cinnamon and 1 frozen chopped banana. Pour into a bowl and top with raspberries and muesli.



PUT A CHERRY ON TOP

Pucker up: several studies show that the antioxidants in tart cherries can promote better recovery from exercise, including decreasing muscle inflammation due to repetitive motions such as running. And when consumed after endurance exercise, the simple carbs in dried fruit are more likely to be stored as glycogen than as fat.

► Eat this: power wrap

Stir together $\frac{1}{3}$ cup of ricotta cheese with 1 tablespoon of almond butter, 1 teaspoon of maple syrup and $\frac{1}{2}$ teaspoon of vanilla extract. Spread on a wholegrain wrap, and sprinkle with a handful of dried tart cherries.



BEFORE

MIX IT UP

If you hit the mat without eating, your body won't have the pep needed to hold that Crane Pose. Trail mix provides a nice mix of carbs, protein and fat to keep your energy up and your stomach satisfied. Since trail mix tends to be low-glycemic, eating a handful or two will encourage your body to tap into fat stores to power your vinyasa.

► Eat this: OHM-M-G mix

In a large bowl, toss together 4 cups of air-popped popcorn, 100 grams of chopped beef jerky, ¾ cup of pecans, ½ cup of dried cranberries, ½ cup of dark chocolate chips and ½ cup of pumpkin seeds (pepitas).



AFTER

HYDRATION AND IMMUNISATION

Though big on mobility and relaxation, most yoga sessions don't burn a ton of calories, so post-ohm look for something light and refreshing such as rock melon, which is packed with water for rehydration and natural sugars for re-energising. Eat it with yoghurt to tame any post-workout hunger and mend hurting muscles. Bonus: the probiotics found in yoghurt may work to bolster immunity in those who like to regularly work up a sweat.

PROPERLY REFUELLING POST-WORKOUT HELPS FACILITATE MUSCLE REBUILDING AND RECOVERY.

► Eat this: rock melon recoup

Scoop the seeds from a rock melon half and fill with plain yoghurt. Sprinkle on 1 tablespoon of pistachios and 1 tablespoon of sliced mint.



GO GREEN

The antioxidants and minerals in dark greens like spinach contribute to muscle recovery from more intense forms of yoga that require you to pump out one hard move after another. 🌱

► Drink this: green-machine smoothie

Blend 1 cup of unsweetened almond milk, 1 scoop of protein powder, 1 tablespoon of ground flaxseed, 1 cup of baby spinach and ½ cup of frozen mango cubes.





Stretch your limits and tap into fat stores by noshing on trail mix before yoga class.

BUILD A BACK THAT IMPRESSES FROM ALL ANGLES

with this five-move routine

BY MICHAEL BERG NSCA CPT

PRESENTED BY



Slimtum

WWW.SLIMTUM.COM.AU



Is your back workout not delivering the results you expect? If your efforts to create a well-defined rear view are leaving you less than impressed, perhaps it's time for a new approach — a “friendly takeover” of your regular routine may be in order, shaking non-responsive muscles out of their complacency and into higher levels of performance.

This top-down approach to back management begins with the upright row, which activates the upper reaches of your back muscles, including the trapezius. While women don't necessarily desire a protruding, defined trap muscle, that result is not a danger, especially as used here in more of a warm-up role.

Next is the pull-up and kettlebell row, which focus on the latissimus dorsi — the large fan-shaped muscles that extend from your spine to the back's outer edges — as well as various muscles of the mid-back, including the infraspinatus, lower traps and erector spinae.

A classic powerlifting movement, the barbell deadlift, follows - although you won't do it with maximum strength in mind. Instead, you'll use a moderate weight for 8-10 reps per set, stimulating a series of muscles in the posterior chain from the legs to the hips to the lower and upper back. You'll finish with a dynamic posterior chain move, the kettlebell swing, and finally the back extension, a bodyweight move that directly targets the erector spinae of the lower-back.

All together, these five exercises can provide a comprehensive overhaul, ensuring no key area of the back escapes scrutiny. Give the plan a month or two — your flagging morale should get a boost next time your back is up for review.

THE WORKOUT

| Exercise | Sets | Reps |
|----------------------------------|------|------------|
| Barbell upright row | 3 | 25, 20, 15 |
| Bent-over two-arm kettlebell row | 3 | 20, 15, 10 |
| Barbell deadlift | 3 | 8–10 |
| Kettlebell swing | 3 | 15–20 |
| Exercise-ball back extension | 3 | 20 |

BARBELL UPRIGHT ROW

Set-up: stand with your feet hip-width apart and hold a barbell in front of your thighs with an over-hand grip just outside shoulder-width.

Action: maintaining a slight bend in your knees, eyes forward and core engaged, flex your shoulders and pull the barbell straight up toward your chin, leading with your elbows and keeping the bar close to your body. At the top your elbows will be pointed up and out to the sides. Hold for a second before slowly lowering the bar to the start.



BENT-OVER TWO-ARM KETTLEBELL ROW

Set-up: stand with your feet shoulder-width apart, knees slightly bent, and grasp a kettlebell in each hand. Hinge at your hips until your torso is roughly 45 degrees to the floor with the weights hanging straight down, and your head is aligned with your spine.

Action: drive your elbows up and back and pull the weights toward your abdomen as high as you can. Hold at the top for one count, then slowly reverse the motion. (If you don't have kettlebells, you can substitute dumbbells.)



BARBELL DEADLIFT

Set-up: stand with your feet hip-width apart, toes turned out slightly and positioned just beneath the barbell. Kick your hips back then bend your knees while keeping a flat back to grab the barbell on either side of your legs with an alternating grip. Your hips should be higher than your knees, shoulders over the bar, shins perpendicular to the floor, head neutral.

Action: with your back flat, lift the bar from the floor by extending your hips and knees. Keep your arms straight as you drag the bar up your legs until you are standing. Squeeze your glutes then lower the bar downward along the same path until it touches the floor.)



KETTLEBELL SWING

Set-up: stand with your feet a bit wider than shoulder-width, holding a kettlebell by its handle with both hands in front of your hips.

Action: keeping a flat back, swing the kettlebell back between your legs, then snap your hips forward and swing it forward and upward in an arc with straight arms until it reaches shoulder height. Allow the kettlebell to swing back down under control and back between your legs. Continue linking your reps together.

Tip: all the power from this move comes from your hips — the arms are just along for the ride!



EXERCISE-BALL BACK EXTENSION

Set-up: lie face-down on an exercise ball with your hips centred on the ball with your legs extended behind you, spaced wider for balance or anchored underneath a stable object. Cross your hands over your chest or place your fingertips lightly behind your ears..

Action: lower your torso down along the ball as far as you can without rounding your back, then flex your glutes to lift yourself up until your body makes a straight line. Continue, lowering and raising for reps.



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Yang / Day: Yang is light, energy, day-time brilliance. Yang keeps you vibrant and active throughout the day, while helping you achieve your diet and slimming goals. Yang is an effective formulation supporting fat metabolism, reducing the feelings of hunger and providing an uplifting energy all day. Think of Yang as your daily personal trainer, supporting and encouraging your efforts of diet and activity.



Yin / Night: Yin is night, calm, peaceful rest. An active day can elevate your stress levels and Yin provides the balance. As part of the whole, Yin neutralises stress effects during your sleep cycle. Yin keeps a night light of fat metabolism on so you're still working towards your slimming goals, even while you sleep. Think of Yin as your night guardian watching over you while you rest.

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Shiva's fat-reducing and anti-cellulite properties encourage the body to release and oxidise fat; tightening and toning problem areas for a leaner look. Shiva's unique formulation includes the finest active ingredients for exceptional effectiveness. From modulating localised fat hormones to mobilising fatty acids, Shiva presents a comprehensive topical approach to liporeduction.

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Are your cells secretly
***DRAINING
YOUR
ENERGY?***

BY MATT LEGGE



So, you have been reading *Oxygen Magazine* articles for a while now and following the lessons to get your diet balanced and calculated properly for your goals; you understand micronutrients and have all bases covered with your essential nutrients and your gut seems to be working well. You are in a stable state of wellness and free of disease. You look good! You feeling good? Well, that's good. Now we have a strong foundation to work from; let's go from good to awesome.

Fine tune the engine

It is important to understand that we are made up of a network of cells. Some cells are ours and some are from other organisms that live with us or in us. There are 10x as many micro-organism cells in our bodies than there are normal cells. So, we must consider their needs too or they will steal our energy.

Each cell is its own little world, trying to survive and do its job. Whether that cell is a brain cell, muscle cell, organ or gut wall; it needs to have enough energy and resources to survive and thrive, and then all those cells functioning will allow an organ to work, your brain to think, gland to secrete a hormone or gut to absorb nutrients.

Optimal functioning cells are essential for an optimally functioning body.

Our cells are full of water and surrounded by water. These pools of water are separated by oily structures. Our cell membrane, our energy warehouse the "mitochondria", and all the organelles inside our cells, are made of oils and fats.

When our energy production is inefficient we make a lot of waste. We don't have an exhaust pipe like a car to remove this waste as it is being made. It accumulates in our cells and we can only remove it via sweat, breathing and panting, bowels or urine. This waste is often water-soluble and acidic, and as it moves from the water inside your cells to the water outside your cells it can damage your oily structures on the way. This acidic waste accumulates and our oily structures are bathed in acid water. The more you push

yourself to be awesome, the more waste you make - and you hit a roadblock and get stuck.

Protect your cells from damage

If you want more energy produced per cell, we need to protect our mitochondria from damage. Repair our energy warehouse and build more of them to build more energy capacity. It is these cellular energy warehouses that will use our micronutrient and macronutrient fuels to give us energy.

Our receptors are like tiny antennas looking to collect signals from hormones and neurotransmitters. These oily little things flapping around in acid water also need to be protected. We will talk about supplementing



for optimal blood levels of hormones and chemical messengers but they need to find, bind and send their signals through a receptor.

Your cell walls are oily. They need to be flexible and elastic, so they do not bust. Red blood cells and immune cells need to be able to change shape easily and fit into small spaces and flow to deliver nutrients or have effective immune surveillance. Otherwise, they just pop and you need to make new ones.

Our body has multiple ways of maintaining a balance between acid and base. Our pH hardly changes in our blood or we die. Our cells, lungs, skin, bowels, liver and kidneys all work together to take the acidic burden and keep blood acid-base balanced. We can preload these systems with buffering agents to neutralise the acid as it is made.

So, how the heck do I protect my cells and preserve my energy?

BETA-ALANINE

Beta-alanine makes up 50% of an intracellular acidity buffer called carnosine (not carnitine). Carnosine accumulates inside our cells and stops the acid waste from damaging inside our cells. Supplemented carnosine can't be absorbed and is digested into beta-alanine and histidine. Beta-alanine is the one to take as it is twice as effective at increasing muscle carnosine as taking carnosine itself. Take 1 to 3 grams of beta-alanine per day to load up muscle carnosine.

MAGNESIUM AND POTASSIUM

The electrolytes magnesium and potassium also work as buffering agents. They are used up in the process, potentially leading to electrolyte imbalance and deficiency. Preload with extra magnesium and potassium to compensate for the acidity buffering. This ensures there is enough left over to control the electrical system and prevent cramping, palpitations and anxiety etc. You often see a player cramping on the sporting field while still taking electrolytes. Sodium and calcium live outside cells predominantly and are less likely to be victims of the buffering system. If you do not take extra magnesium and potassium, the sodium (salt) drinks can't work to prevent cramps.

Citrate forms are the best for humans. Citrate forms of magnesium and potassium are the most alkalising forms as they create bicarbonate for acid buffering. Furthermore, the citrate fuels our energy production

pathway in our mitochondria (called the Krebs cycle aka the citric acid cycle) to support clean energy production and less waste production. Load up on magnesium and potassium citrate supplements to keep levels high.

ANTIOXIDANTS

Antioxidants in the form of natural, mixed forms of Vitamin A, C and E, lipoic acid and coenzyme Q10 protect our cellular oily structures from rancidity and damage. Herbal ingredients like frankincense (boswellia), ganoderma (reishi) mushroom, turmeric, resveratrol, schisandra chinensis and astaxanthin all work as cellular antioxidants.

B vitamins provide the catalysts to make the energy production cycle work. They are essential to drag the fuel into mitochondria to convert to energy. Preload cells with water-soluble vitamins, in particular, B vitamins. Look for nutrients extracted from nature as they contain a good balance of multiple different forms in food - as opposed to cheap and nasty synthetic ones in isolated single forms.

REPLENISH OILS

Saturated fats are solid at room temperature. Unsaturated fats are liquid at room temperature. We obviously are a mix of both or we would be a swishy puddle if we only ate polyunsaturated vegetable oils to be healthy, like they tell us to do on television.

You will need a good mix of essential fatty acids to make up 30% of your calories, with saturated fats from dairy, animal fats or vegetable sources such as coconut so that they can be used as a macronutrient fuel, regulate inflammatory pathways and still have enough to be able to work on structural roles; replenishing and reinforcing cells.

BUILD MORE MITOCHONDRIA WITH SHILAJIT (SHI-LA-WHAT?)

Mitochondrial biogenesis is the word you want to research to learn more. There are ingredients and diet and training strategies that stimulate the production of more mitochondria per cell.

Shilajit is famous all over the world for its ability to resolve fatigue issues and improve performance by enhancing mitochondria and building more mitochondria per cell. One gram of shilajit daily is the typical dose used in most studies.

"Low-carb" high-fat ketogenic or non-ketogenic diets can be used with exercise to force the body to make more mitochondria to make more energy from fat. This diet strategy is designed specifically for increasing mitochondria and performance

by forcing a cellular adaptation. The key is to force the ketone production from your dietary fat, not drink ketones from a supplement as that has the opposite effect by switching off fat processing through the mitochondria and bypassing the need for more mitochondria to be produced.

Conclusion

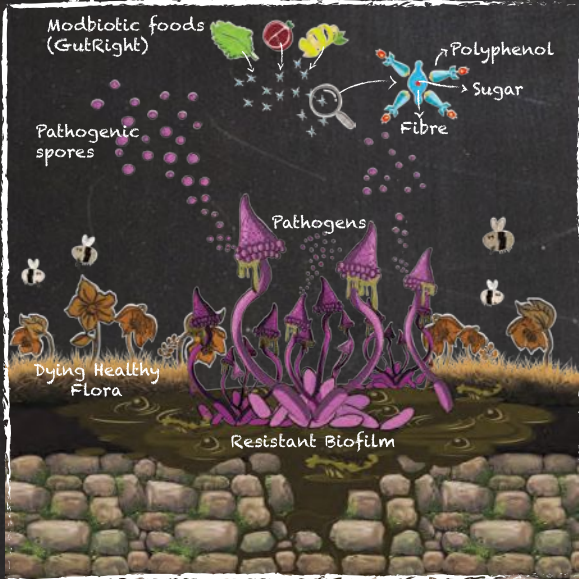
Wellness is not euphoria. Good health means an absence of symptoms not an aura of awesomeness. To go from good to awesome requires a strategic approach that must be holistic. Meaning specific forms of diet and eating, with the above-mentioned supplementation priorities, will force an adaptation and allow you to get to the next level.



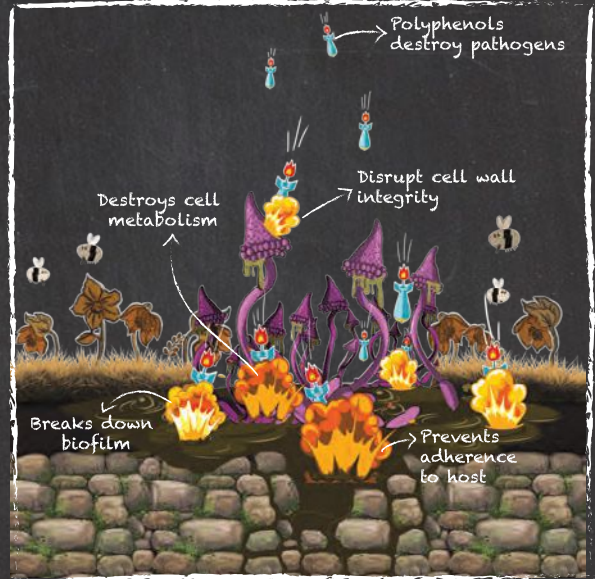
GUTRIGHT™ by ATP Science is an evolutionary step in healthcare using all of the most recent scientific findings and discoveries and a step back in time to before modern man and science intervened with nature's plan. After hundreds of years of research into the gut and its governing role over so many other systems in the human body and overall health we have gone full circle to realise the man's best efforts and genius does not come close to the intricacies of synergy and the intelligence that nature possesses. The good news is that we do not need a time machine. It is not too late. We can compensate and replace the missing modbiotic compounds by fortifying our diets with ATP Science GUTRIGHT MODBIOTIC™

GutRight - Modbiotic

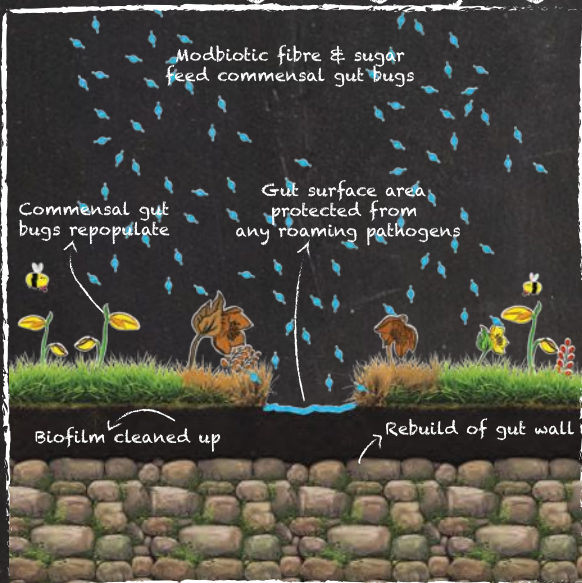
Stage 1 - Release of Polyphenols from Modbiotics



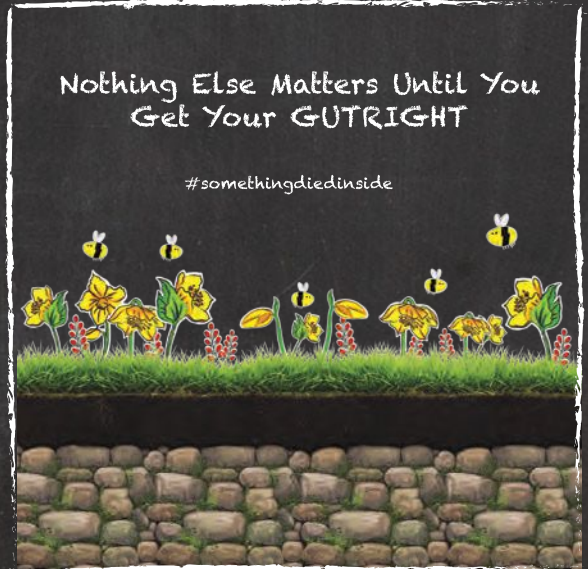
Stage 2 - Destruction of Pathogens by Polyphenols



Stage 3 - Refeed of Commensal gut bugs by sugars



Stage 4 - Recolonisation of Healthy gut bugs



5 A recipe for happiness ingredients to a happier you

BY DR KIERAN KENNEDY
INSTAGRAM @MENTAL MACROS

Happiness. It's something we're all after. An ultimate "to be or not to be"; a mirror mirror on the wall reflecting the very meaning behind so many of our goals.

We hear it so often it's now firmly that of the cliché, "I just want to be happy". But have you found it yet? And better still, rather than something to find, is happiness closer to something we can create?

If your answer to the first question resembles an "I think so...", or even a "kind of?", then huddle close. Because, in answer to the second, it turns out happiness isn't a buried treasure given, won or bought, but something truly born, built and baked within our very selves. And while sure, that might in some ways involve more ingredients than even your average Masterchef finale, I'm hoping we'll find the recipe not quite so easily overcooked.

The cake

The dictionary defines 'happiness' merely as "the state of being happy". Job done? Not quite, don't worry. Luckily for us, the psychologists don't feel that quite cuts the mustard either.

Some of the most ancient of theories on happiness centered upon Hedonism, where the path to true happiness was said to lie in "the joys of the flesh". And while a life of sex, food and daytime lounging might make most of us look for a sign-up booth, more modern theory and research backs that of the Ancient Greeks to show that happiness also comes from the use of our virtues, strengths and unique sense of meaning to pursue a life of purpose. Alongside momentary pleasures and sparks of joy, happiness has come to be seen as a longer lasting, emotional and cognitive sense for the overall life we're living. While there might not be a one-size-fits-all definition, happiness thus exists as an overarching sense of opportunity to experience feeling good in the moment, but more importantly that it all means something deeper while we're at it.



The filling

Happiness, sadly, isn't a 'just add water' kind of cake mix (how good is that icing though?). What research does show us, however, is that certain ways of living, characteristics and qualities that are geared toward a life of greater wellbeing. Broadly, these fall into two main groups.

The first group represents the more external or concrete factors that make up our daily lives, and these include our genetics, age, gender and the environment. Research shows that whilst the influence of these more external factors is usually subtle, things like increasing age, spiritual faith, marriage, a sustaining income and even living in a warmer climate typically correlate to increased levels of happiness. Our financial means, for example, has indeed been shown to influence our happiness; but (before you start cashing in those chips) research shows that, in fact, increasing money doesn't lead to increased happiness overall. In line with this, while materials and momentary pleasures can influence our sense of pleasure in the moment, a phenomenon known as the 'Hedonic Treadmill' means that with time our feelings of happiness slide back down to baseline.

ONE OF THE STRONGEST FACTORS INFLUENCING OUR HAPPINESS, HOWEVER, TURNS OUT TO BE SOCIAL CONNECTION, WITH RESEARCH CLEARLY SHOWING THAT THOSE WITH MORE INTIMATE AND SUPPORTIVE RELATIONSHIPS BEING LINKED TO HIGHER HAPPINESS.

Interestingly, the number of social supports isn't so linked - it seems it's the depth and strength of our relationships (however far or few) that primes a sense of lasting wellbeing. See, science approves that regular Facebook and Instagram friend cull too.

The second group of ingredients linked to influencing happiness is the more internal ways of thinking and acting, and these are the ones that should really get our sweet tooth going. In terms of how we tick, findings show that those who approach their 9-to-5 with a stronger sense of clear meaning and purpose, greater optimism, and a higher sense of personal choice and

5 ingredients to happiness

Whip out the measuring cups and throw some of these key happy ingredients into your day to day routine.

control are those who usually score higher in measures of happiness. Thinking and acting in ways that give us the opportunity to experience gratitude, mastery, achievement and support of others can supercharge our other efforts toward achieving a little bit of happy. Aligning our options, choices and behaviours, for example, with a focused "why" and a sense of meaning is strongly linked to greater feelings of contentment and wellbeing, even during stressful and trying times. Similarly, those who approach situations and choices with a sense of internal self-direction are those who tend to feel more fulfilled.

The icing

So, what can we take away from all this, and what might it mean for those of us looking to cut off a slightly larger slice of that big ol' happy pie? What we do know is that true and lasting happiness looks to be a mixture of the external and the internal, the fleeting and the firm. Research, more than ever, is showing that our joys and pleasure to have a place, lasting happiness and fulfilment come more from anchoring those moments (good and bad) to a sense of meaning, purpose and connection. The time is now for us to begin to embrace our inner as much as our outer. It's time to realise that happiness can and will come down to ingredients we've already got, in those cupboards of the mind. Right here. Right now. So, grab a spoon and roll up those sleeves; it's time we started cooking.



1. GRATITUDE JOURNALING

End each day by writing down as many good points and things to be thankful for from your day as you can remember.

2. MEANING AND PURPOSE

Start your day each morning with a quiet few minutes to reflect on and write down your goals and daily "to dos", and the meaning or "whys" behind them.

3. CONNECTION

Make a conscious effort each day to contact or connect with someone you wouldn't have crossed paths with otherwise in your day - text a friend, call Dad or write that overdue catch up email.

4. OPTIMISM AND HOPE

Use the power of visualisation to take a quiet moment to picture, strongly and clearly, the achievement of a goal or a challenge going its very best. See, hear, feel and smell that image in your mind as clearly as possible.

5. PRESENCE

Try a simple daily meditation to train your brain to appreciate and live within the present moment. Sit with light but focused attention on a candle flame or the feeling of your breath moving past the tip of your nose - when thoughts float across your mind gently acknowledge them and direct your attention.

Are you addicted to **SUGAR?**

Manage your cravings with
mindful eating

“Help, I’m addicted to chocolate!” Forget superman and saving the city. Most days we feel like we need to send a smoke signal to a superhero that saves us from ourselves when it comes to cravings and the dreaded ‘S word’.

Dietitian, Nutritionist and mindful eating specialist **Christina Turner** gives *Oxygen* readers the ammo to control those sweet cravings before they strike!



Food cravings and food addiction have been hot topics over recent years. Mindful eating is shaping up to be a great tool in how we can manage our cravings.

Why do we crave foods?

If you crave that “feel good” feeling from food, there’s a good reason. When we eat, neurotransmitters like dopamine, endorphins and serotonin can be released. There is an evolutionary reason for this. If food didn’t taste good and give us pleasure, we would never have known to search for it and survive as humans.

A lot of the research into food addictions has only been performed on animals but some interesting results are coming through. When animals have access to highly tasty foods such as those high in sugar - and then have it taken away (the fancy word for this is intermittent access) - they will binge.

However, when the sugar is readily available all the time, the chance of bingeing is much less.

So, the take-home message is: if we restrict our diets too much, we essentially place some foods, usually those high in fat and sugar, on a pedestal. We know they taste good and because we don’t know the next time we’ll “allow ourselves” to have them, we will often crave them and then overeat.

What’s the alternative?

Mindful eating is an emerging no-diets approach to health. It essentially means “eating with awareness” and without judgment. There’s no focus

on body weight but just being aware of both what we are eating and the experience of eating.

We’ve long known mindfulness (the process of being present) has been used for managing our stress and anxiety, for concentration and performing to a high level.

Now, recent studies have shown mindful eating helps people manage their blood sugars, cholesterol, blood pressure, gut health symptoms and emotional eating.

To use mindful eating to manage cravings, it’s all about creating a pause, tuning into what’s happening and making the right food decision for us in that moment (before we eat).

Cut the tech distractions

We’re continually bombarded with distractions that stop us “being in the moment”. In fact, in a 2017 Deloitte survey, it was found 70% of Australians are checking their phones while they’re eating. Here are some tips to cut the distractions and limit your technology use:

- 1.** Delay looking at your phone first thing in the morning. Texts, emails, notifications and reminders are all designed to put us in “flight-or-fight” mode from the word go. The light on our phone also primes our brain to be reactive. Keep the tech gadgets away from the dinner table.
- 2.** Eat lunch away from your desk. Even if it’s just for 5 minutes, taking time out away from the computer will maximise your ability to eat mindfully (and helps with productivity).
- 3.** Pop your phone in your pocket or bag when you’re talking to a friend. This is a simple new practice that breaks the “I’ll just check for messages” habit.
- 4.** Put your phone on flight mode or turn data off a few times in the day. You’ll be amazed how much work you get done. Your eating and relationships will benefit too!





A glass of red smoothie and spinach leaves on a wooden board. The background is a blurred outdoor scene with greenery.

the joy cooking

Keep your cool during the warmer months with these no-cook recipes.

By Matthew Kadey, MS, RD

there's a lot to love about the warmer months — sandals, yoga in the park and lazy days at the beach. What's not fun is hovering over a hot stove to get a nutritious meal on the table. It's hard to muster an appetite for roasted chicken and vegetables when it's roasting outside and your patience for complicated recipes is wearing extra thin.

Well, don't sweat it (literally): it's possible to keep your cool and eat great at the same time by combining healthy supermarket convenience foods with in-season fruits and vegetables. These quick, refreshing, cook-free recipes will keep your body well-fed from morning to night, and they will give your stove — and your patience — the day off.

BREAKFAST

BLUEBERRY CHIA MUESLI PUDDING

MAKES 2 SERVINGS

SERVING SIZE: 1 PUDDING

HANDS-ON TIME: 15 MINUTES

This deliciously thick make-ahead berry pudding promises a lightning-fast meal without sacrificing sound nutrition. The blueberries are brimming with brain-benefiting antioxidants, the yoghurt delivers a wallop of muscle-building protein, and the chia seeds provide heart-healthy omega-3 fats and fibre to keep you satisfied for hours.

INGREDIENTS

- ½ cup milk or unsweetened non-dairy milk
- 1 cup plain Greek yoghurt
- 2 scoops plain or vanilla protein powder
- 1 cup fresh or frozen (thawed) blueberries, plus more for topping
- 1 tbsp maple syrup or honey (optional)
- 1 tsp vanilla extract
- ½ tsp cinnamon
- 6 tbsp chia seeds
- ⅔ cup low-sugar muesli
- 2 tbsp chopped almonds
- 2 tbsp coconut flakes
- pinch of salt

DIRECTIONS

1. Place milk, yoghurt, protein powder, blueberries, maple syrup or honey, vanilla, cinnamon and a pinch of salt in a blender container and blend until smooth.
2. Divide mixture between two wide-mouth jars. Add chia seeds and stir to combine. Top with muesli, coconut flakes, almonds and fresh blueberries. Seal shut and chill overnight.

Nutrition facts (per serving): calories 476, total fat 15g, carbs 55g, fibre 13g, sugar 24g, protein 35g, salt 94mg

No blueberries at the market? Swap for other seasonal fruit like peaches, cherries or raspberries.



LUNCH

GAZPACHO WITH TUNA SALAD

MAKES 4 SERVINGS

SERVING SIZE: 1 CUP SOUP AND ¼ TUNA SALAD MIXTURE

HANDS-ON TIME: 25 MINUTES

Gazpacho (or blended vegetables) offers a refreshing break from stale lunch sandwiches and puts your farmers market haul to good use. The canned tuna adds a ready-to-eat and satiating protein element, the olive oil is full of anti-inflammatory compounds, while the tomatoes and cucumbers keep you refreshed and hydrated.

INGREDIENTS

SOUP

- 3** medium tomatoes, quartered
- 1** red capsicum, roughly chopped
- 4** red radishes, roughly chopped
- ½** cucumber, peeled and chopped
- green onions (white parts only)** chopped
- 2** garlic cloves, chopped
- ⅓** cup fresh basil
- 2** tbsp red wine vinegar
- 1** tsp paprika
- ½** tsp salt
- ¼** tsp black pepper
- 2** tbsp extra-virgin olive oil

TUNA SALAD

- 2** cans tuna in water, drained
- ¾** cup canned beans, drained and rinsed
- ⅓** cup sliced Kalamata olives
- ⅓** cup chopped parsley
- 2** tbsp red wine vinegar

DIRECTIONS

- 1.** Place ½ cup water, tomatoes, red capsicum, radishes, cucumbers, green onions, garlic, basil, red wine vinegar, paprika, salt and black pepper in a blender or food processor container and blend until nearly smooth. With the machine running on low speed, slowly drizzle olive oil in through the feed tube. Place soup in container and chill at least 2 hours.
- 2.** In a bowl, gently break up tuna and stir in beans, olives, parsley and vinegar.
- 3.** Place soup in serving bowls and top with tuna salad and a drizzle of olive oil.

Nutrition facts (per serving): calories 258, total fat 12g, carbs 15g, fibre 5g, sugar 5g, protein 24g, salt 519mg

DINNER

SALMON CEVICHE NACHOS

MAKES 2 SERVINGS*

SERVING SIZE: ½ NACHOS

HANDS-ON TIME: 30 MINUTES

This fusion of ceviche and nachos is fun and sophisticated at the same time, and it is the perfect chilled dish to eat with your hands outside. The beans are loaded with hunger-quelling fibre, the salmon contains a boat-load of heart-friendly omega-3 fats, and the sweet cherry tomatoes infuse your diet with vitamin C.

INGREDIENTS

- ¼** cup fresh lemon juice
- ¼** cup fresh lime juice
- 230g** sushi-grade skinless salmon
- ½** cup canned black beans, drained and rinsed
- 1** cup cherry tomatoes, quartered
- ¾** cup chopped pineapple
- 1** small avocado, chopped
- ½** cucumber, chopped
- 2** green onions (whites and greens), thinly sliced
- 1** jalapeño chilli pepper, seeded and minced
- 1** clove garlic, minced
- ¼** tsp salt
- 3** cups baked tortilla chips
- ⅓** cup sour cream
- ¼** cup chopped coriander

DIRECTIONS

- 1.** In a bowl, stir together lemon and lime juices. Slice salmon into 2cm pieces and add to bowl. Cover and refrigerate, stirring once or twice, for at least two hours and up to eight hours.
- 2.** In a separate large bowl, toss together black beans, tomatoes, pineapples, avocado, cucumbers, green onions, chilli peppers, garlic and salt. Drain salmon and toss gently with tomato mixture.
- 3.** Line a serving platter with half the tortilla chips and top with half the ceviche. Layer on remaining tortilla chips and top with remaining ceviche. Add dollops of sour cream and garnish with coriander. Squeeze on fresh lime juice.

** Double the recipe if serving a crowd.*

Nutrition facts (per serving): calories 549, total fat 27g, carbs 47g, fibre 9g, sugar 11g, protein 32g, salt 523mg

DINNER

THAI-STYLE CHICKEN LETTUCE TACOS

MAKES 4 SERVINGS

SERVING SIZE: 2 TACOS

HANDS-ON TIME: 30 MINUTES

A cross between a taco and Asian street food satay, this bundle of cook-free nutrition will stoke your palate with a winning mix of great textures and fresh flavours. Make this with a ready-to-go supermarket roast chicken for high-quality protein, mango and red capsicum for immune-boosting vitamin C, and peanut butter for a dose of heart-healthy unsaturated fats.

INGREDIENTS

170g thin brown rice vermicelli noodles

¼ cup peanut butter

2 tbsp low-salt soy sauce

2 tbsp rice vinegar

2 tsp sesame oil

2 tsp grated or minced fresh ginger

1 tsp chilli hot sauce

8 large lettuce leaves

2 cups sliced roast chicken

1 red capsicum, thinly sliced

1 large carrot, cut into sticks

1 mango, sliced

2 green onions, chopped

½ cup coriander

½ cup unsalted roasted peanuts (optional)

DIRECTIONS

1. Bring a kettle of water to a boil. Place noodles in large heatproof bowl, cover with boiling water and let soak until tender, about 5 minutes. Drain well. Slice noodles into thirds.

2. In a bowl, whisk together peanut butter, soy sauce, rice vinegar, sesame oil, ginger and chilli sauce. Then whisk in warm water, 1 tablespoon at a time, until a thin consistency is reached.

3. To assemble a taco, place half the rice noodles on a lettuce leaf and top with chicken, red capsicum, carrots, mango and green onions. Drizzle on sauce and top with coriander and peanuts (if using).

Nutrition facts (per serving): calories 451, total fat 14g, carbs 54g, fibre 5g, sugar 12g, protein 29g, salt 440mg

DESSERT

PECAN CUPS WITH BANANA “NICE CREAM”

MAKES 10 SERVINGS

SERVING SIZE: 1 CUP

HANDS-ON TIME: 30 MINUTES

This whole-food, nutty, no-bake dessert hits the spot on those hot summer nights. The dates and bananas offer up some potassium, the pecans are full of healthy fats, and the flax is a rich source of belly-shrinking dietary fibre.

INGREDIENTS

1 cup pitted dates

1½ cups pecans

⅓ cup ground flaxseed

¼ cup honey or agave syrup

⅛ tsp salt

4 frozen chopped bananas

¼ cup almond milk or coconut milk

2 tsp vanilla extract

¼ cup cacao nibs

DIRECTIONS

1. Place dates in a bowl, cover with warm water and let soak 15 minutes. Place pecans in a food processor container and grind into small bits.

Drain dates and pat dry with paper towel. Add dates, flax, honey and salt to the container.

Process until mixture sticks together when pinched between your fingers.

2. Divide pecan mixture between 10 standard-size silicone or greased metal muffin cups. Using damp fingers, press mixture down and up the sides of muffin cups to form a mini-bowl. Freeze an hour. Run a knife around edges of pecan cups to remove from pan and keep chilled until ready to use.

3. Place bananas in food processor container. Turn machine on and let it run until bananas are the size of small pebbles. Scrape down sides of container, add milk and vanilla, and blend until creamy. (Do not over-blend where bananas begin to melt.) Add a splash or two more of milk to help with blending, if needed.

4. Serve immediately, dividing banana “nice cream” among pecan cups and topping with cacao nibs. If not using right away, freeze for later use. When ready to serve, allow to sit at room temperature for several minutes to soften or process again until it becomes creamy.

Nutrition facts (per serving): calories 235, total fat 13g, carbs 32g, fibre 5g, sugar 22g, protein 3g, salt 36mg





Chill Out!

These healthy supermarket convenience foods can help you keep your cool — getting you in and out of the kitchen — fast.

► **Baby kale:** these little leaves are plush with nutrients and antioxidants, require no chopping and have a less-bitter taste than full-grown kale. Add to sandwiches, salads and green smoothies.

► **Roast chicken:** an already-cooked bird lets you add instant protein to any meal. Ditch the skin to eliminate a ton of salt and fatty calories.

► **Frozen cooked prawns:** thaw as many as you need and reap the rewards of this low-calorie protein powerhouse. Serve with low-salt cocktail sauce, or chop and add to a salad.

► **Canned beans:** embrace budget-friendly canned beans as a way to enrich salads, dips and tacos with nutrient-dense protein and fibre.

► **Frozen cherries:** conveniently pitted, these sweet nibbles are the perfect addition to cereal, desserts and even savoury dishes like tuna salad.

► **Smoked salmon:** no need to fire up the grill for your fish fix. Add this pre-cooked, velvety delight to wholegrain crackers, wraps, salads and summer picnic charcuterie spreads.

► **Quinoa flakes:** made by rolling whole quinoa seeds to flatten, these flakes are a great addition to smoothies for a boost of protein and fibre or as a high-pro sub for porridge.

WORK OUT WITH HALO TOP

What to do while you wait for your tub to get to the perfect temperature!



You might notice that your Halo Top sometimes freezes a little hard – and that’s a good thing! One of the reasons is because we don’t use any artificial sweeteners or softeners. So give it a couple minutes and see just how good Halo Top can be!

Wondering how to pass the time?
Steph Claire Smith has the answer.



Squat Jumps

30 seconds

Holding your Halo Top, stand with your feet shoulder width apart. Squat down like you’re sitting on a chair, making sure your weight stays in your heels. Now jump as high as you can raising your Halo Top tub to the ceiling (keeping the lid on of course). Repeat for 30 seconds.



Russian Twist

30 seconds

Sitting on the ground, bring your legs up into table top position. Keeping your back straight and your abs engaged, twist your upper body from side to side with Halo Top in each hand. Repeat this move continuously for 30 seconds. Note: This exercise works best with two tubs of Halo Top (yum!)



Lunge with rotation

30 seconds

Keeping your two tubs in your hands, stand back up and place your legs shoulder width apart. Step your right leg backwards and centre your weight. Now you're going to perform a lunge by bending both of your legs to right angles. While bending, twist your arms towards your back ankle. Stand back up to your original position. Change legs and repeat to the other side. Continue for 30 seconds.



Full body Sit-up

30 seconds

Get excited! Your Halo Top is nearly ready to eat! For this last move you need to lie flat on your back while stretching your arms back above your head. While stretching keep the tubs in your hands and squeeze your elbows to your ears. Sit up keeping your back as straight as possible while stretching your hands (and Halo Top) towards your toes. Repeat for 30 seconds.



You did it!

Now you're ready to dig in to your perfectly scoopable tub of Halo Top. Enjoy!

Did you have fun with this workout?

We'd love to hear about it!
Let us know by tagging
[@halotopau](#)
[@stephclairesmith](#)

[f](#) [i](#) [p](#) [halotop.com.au](#)



5 WAYS to get your fitness brand NOTICED

Branding isn't a new concept, but it's become a critical factor in any fitness brand's success.

With an over-saturated industry of health and fitness professionals, achieving a global brand demands more than an Instagram account full of selfies.

BY STELLA GIANOTTO

The idea of creating your own brand as an expert fitness professional can be overwhelming. How do you achieve a viral spread of your personal awareness before a 'me too' competitor fills your space?

Where do you start and – more importantly – how do you stand out when the health and fitness market continues to be saturated in Australia?

While it will take some time, putting effort into creating a consistent personal brand will help propel you towards your business goals more quickly. To help you get you started, here is an overview on what it takes to achieve a global brand and the top five mistakes to avoid when building your fitness brand.

HOW CAN YOU ACHIEVE A GLOBAL BRAND?

In the past, you achieved your business goals through marketing and aggressive advertising. In today's over-saturated fitness market place, it requires a BRAND identity.

Until recently, branding was only achievable by large national or international companies in the fitness arena. But that is no longer the case. The internet, social media and global distribution systems allow every individual fitness professional to be global – if they can achieve brand recognition.

And it's not as difficult as it seems.

SO, WHEN DOES BRANDING START?

Simply put, your brand should be in the mind of your customer when they think about you. Think of a cool refreshing drink and it's either *Coke* or *Pepsi* (though kombucha is a much healthier, fizzy alternative – turn to page 30 for more info!). That's what a brand (either a product or an individual) aims to create – top-of-mind recall.

YOUR BRAND MUST BE AS IMPORTANT TO YOUR AUDIENCE/CLIENTS AS IT IS TO YOU.

Branding should be considered early on when setting up your business. Why invest in a business name, logo design, website and social media account, without reflecting on how they support or enhance your brand?

An effective brand strategy will accelerate

your business in start-up and allow you to leverage 'free advertising' through social media and public relations.

SO HERE ARE THE TOP FIVE MISTAKES TO AVOID WHEN BUILDING YOUR FITNESS BRAND

Mistake #1: Using another fitness professional to develop your brand

While you might be inspired by another fitness brand or professional, letting them influence your own brand is dangerous as it won't represent what YOU and YOUR brand stands for. Don't get us wrong: collaborations are a wonderful way to spread your message to your audience and bring people to your page or site, but it's important to remember not to get lost in the other person's brand message and focus on your own. Being different - by being you - is the key to standing out in a crowd. What makes you different?

Mistake #2: Having a brand that doesn't reflect you

When it comes to personal brands, people buy people - and some of the most successful brands are ones that have had the humblest of beginnings. Make sure that your brand reflects your own personal values and be authentic at all times (strictly no photoshopping!). If your brand appears untrustworthy, fake or is unapproachable, then you'll struggle to get business and retain it.

Mistake #3: Not looking professional

If you are trying to build a brand and seeking potential ambassadorships and sponsors, then look like you are in business. You want to present yourself in a way that if a company was to come across your social media platforms or website, they will be presented with a true reflection of you and your values. Keep the raunchy images for that special someone; they don't look quite so hot to potential health and fitness sponsors. Also, good quality brands do require an investment of time and money, but you don't need to max out your credit cards.

Stick within your financial means to develop the best possible personal brand and do these basics: hire a graphic designer to design a one-page website and invest in quality photography. If you can stretch it, invest in an editor to give your copy a boost, because content is king.

Mistake #4: Making it all about you

Think about when you meet someone new at an event or fitness expo and all they're interested in is talking about themselves. It's not much fun. When talking with potential clients, explore their needs and ask engaging questions to help understand where their priorities are. Then you can weave the value you offer as fitness professional. This is more effective than pushing your credentials!

Mistake #5: Letting other people dictate your brand

It's common to seek the opinion of loved ones and other fitness professionals when it comes to your branding, but do not let the unfounded opinion of others dictate what your brand should look like. Remember: you are your own brand. Think about which marketing platform you feel comfortable using (Facebook, Instagram or LinkedIn), and put some effort into using that platform consistently well. This can be especially difficult if the offer of sponsorship or an ambassador role comes along and wants you to change your image/message. Tough! The important thing to remember is that, despite the amount you're offered in the short term, it's important to align yourself with brands who sit adjacent to your own brand image and message. This will ensure that your audience/clients stick around for the long-haul because they can see you aren't willing to compromise your brand for the dollar bills, baby.

These common mistakes can be avoided when creating your fitness brand by investing some time exploring what you - as your brand - represent. Discovering this will help you avoid costly mistakes and start you on the pathway to creating a great fitness brand. ○



Photos by Dallas Olsen

Oxygen's TOP 10 SILLY SEASON SURVIVAL TIPS *you need to start NOW*



My grandma makes the most amazing Christmas cake in the world, and it's been a tradition in our family for as long as I can remember. As a bikini competitor I have a lot of discipline, but on Christmas Day I love to eat festive foods. I don't 'pig out', nor do I deprive myself. Instead I'm content with eating delicious Christmas cake along with a traditional roast dinner. My point is you should enjoy the silly season being with family and friends. You can indulge in some cake and a glass or two of champagne and not feel guilty. There's no reason why you can't enjoy yourself and stay healthy, lean and fit through the summer holidays.

I've put together 10 ways that you can stay in great shape over the festive season without depriving yourself. If you follow this advice, you'll be ready to start the new year feeling energetic instead of needing to overhaul your fitness.

1. COMMIT TO FOLLOWING YOUR FITNESS PROGRAM DURING THE SILLY SEASON

Not only do most people fail to plan, they consciously plan to fail over the silly season. Most people expect to "blow" their diet and skip workouts and, as a result, they don't even make the effort. You can avoid this trap by planning to succeed. Set up a positive expectation in your own mind, keep your standards high and don't settle! Not only can you plan to stay in shape... you can plan to improve! All you must do is make the decision and expect success.

2. PUT YOUR WORKOUTS IN YOUR CALENDAR

You know your schedule is going to get hectic. You'll be cooking, shopping, wrapping gifts, sending cards, going to parties, travelling, visiting family and so on. Plan your schedule in advance so you can anticipate what's coming up. By doing so, you won't be caught unprepared. If you try to 'wing it' and squeeze in your workouts and meals whenever you have time left over, you'll find that there's never any time left over! Set yourself up for success and schedule your workouts and meal times in your calendar just like you would any other appointment or event.

3. SET SOME COMPELLING TRAINING AND FITNESS GOALS OVER THE FESTIVE SEASON

Don't wait until the new year to set your goals just because you think it will be harder to achieve them over the Christmas holidays. On the contrary, studies on personal achievement have shown that you'll usually reach 80% of the goals you put on paper. The problem is that few people set any goals at all, and fewer still set them during the Christmas holidays. Why wait? Why not do it now? Goal setting should not be reserved for the new year, it should be a continuous process. You should always have your goals in writing and your list should be regularly updated and rewritten. If you only set goals once a year, you're not going to accomplish much in your life.

4. GIVE YOURSELF PERMISSION TO HAVE TREATS AND FACTOR THEM INTO YOUR MACROS

Planned free meals and flexible dieting helps you to stay on your program better in the long run. If you're too strict all the time, you're setting yourself up for cravings and bingeing. A free choice meal per week or having higher calorie days factored into your macros will have only a minor effect on your physique, and it's a great idea to plan some extra activity on these days.

5. IF YOU OVER-INDULGE, DON'T WAIT UNTIL NEW YEAR TO GET BACK ON TRACK

Even if you fall completely off the wagon, don't beat yourself up. All you must do is get right back on your program without missing another beat. Too many people mess up once and then think their entire diet is ruined. They feel as if everything they've done prior to that day was wasted and there's no sense going on. Or even worse, they rationalise to themselves, "Well, I already cheated, so it doesn't matter now, I might as well keep pigging out." Just because you stuff up once doesn't mean you should quit! Plant your wheels back on the tracks and start moving forward towards your goals again.

6. MAINTAIN YOUR MEAL PREP

If there's one thing that all people who successfully get fit and stay lean have in common, it's consistency. Without it, you never get any momentum going. It's like taking two steps forward, only to take three steps back. Many people allow the busy festive season to throw them off their regular eating schedule. They completely forget meal prep, or they start eating foods they would never normally eat, just because it's there.

Continue with your habit of eating healthy meals. All you have to do is count your Christmas meals and parties as one of your regular meals - but keep portions in check.

7. MEASURE YOUR PORTION SIZES

You can have your cake and eat it too, just don't eat the whole thing! One of the most important rules to remember is the law of energy balance, which states: to lose body fat, you must consume fewer calories than you burn each day. Remember too much of ANYTHING will get stored as fat, even healthy food. Small amounts of ANYTHING, even junk food, will probably NOT get stored as fat if you don't indulge too frequently.

There's no reason to deprive yourself of things you enjoy. Just make sure you don't overindulge. If you enjoy your favourite foods in moderation and keep working out, it probably won't end up around your waistline.

8. DON'T LET OTHERS PRESSURE YOU TO FOLLOW THEIR LEAD

Keep your standards high, but don't expect other people's standards to be as high as yours. Remember that most people have already planned to fail at fitness over the holidays. You've decided to stay strong. Don't let their negative influence drag you down. When you've reached your drink limit, switch to water or a non-alcoholic, zero-calorie beverage. When they offer you seconds on dessert, politely say, 'No, thank you'. By staying on track with most meals and continuing your workouts, a small treat won't matter. If they're really your friends, they'll understand.

9. MAKE THE BEST CHOICES POSSIBLE IN EVERY SITUATION

Christmas parties have so many delicious

treats including pudding, eggnog, lamb roast with all the trimmings, and a seemingly endless assortment of sweet treats. It's important to notice that healthy snacks are always there too and there's usually platters of fresh veggies and fruit.

No matter where you are, you always have choices. But always make the best choice possible based on whatever your options are. If nothing else, you can choose to eat a small portion of something bad rather than a huge portion, thereby keeping your macros and calories in check. As you know, lean proteins and veggies are great for getting lean, so fill up on the turkey breast, eat plenty of salads, and go easy on the desserts.

10. IF YOU DRINK, ENJOY ALCOHOL IN MODERATION

Remember that alcohol is one of the most calorie-dense liquids and can add up very quickly. If you enjoy having a few drinks on special occasions, then go ahead and have a drink or two. But if you're serious about your fitness goals, drink in moderation. Alcohol almost totally inhibits your body's ability to metabolise body fat. When there's alcohol in your bloodstream, you're not in fat-burning mode.

Your energy levels and workouts can be ruined for days after heavy drinking. A glass of wine has some health benefits, but there's never any reason for binge drinking or getting drunk. So, go ahead and toast to the New Year, but know when to say when.

HAPPY AND HEALTHY CHRISTMAS TIPS

▶ An Aussie Christmas encourages healthy eating with so many opportunities to go to a BBQ, the beach and get outdoors to move. Eat the foods you enjoy in moderation, but remember balance. It's perfectly OK to have some Christmas pudding, but perhaps offset this with a great workout the next day!

▶ Ensure you stay hydrated. Not only due to the Aussie heat but to combat that bloated feeling. As you will enjoy foods that may not normally be on your plan, you may feel bloated. Drink adequate water to also offset those sneaky wines!

▶ Stick to your normal training schedule. You will feel so much better and less guilty if you train as per normal. If anything, use the extra food to set personal bests in the gym or beating your run time.

▶ Above all, be kind to yourself. Remember balance. Use this time of year to recharge and reflect, set goals and spend time with family and friends. Think ahead about how great you will feel in January 2019.



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SLEEP

THE SCIENCE OF

The secret to lasting weight loss and optimal performance could be as close as the bedroom.

BY LARA MCGLASHAN, MFA, CPT



HOW DID YOU SLEEP LAST NIGHT? That simple question can make or break your day. When you get a good night's sleep, you feel like you can take on the world, and getting your fair share means enjoying a host of energising benefits, including improved memory and creativity, decreased inflammation and improved immune function. But of particular note for athletes is the effect of sleep on weight loss, performance and recovery, and more and more research indicates that the hours you sleep are as important — if not more so — than the time you spend training.

“Sleep is foundational and, in my opinion, is even a little more important on the scale than things like nutrition and hydration,” says Dr. W. Christopher Winter, Ph.D., president of Charlottesville Neurology and Sleep Medicine, pro sports team consultant and author of *The Sleep Solution* (Penguin Random House, April 2017). “Sleep has its fingers in everything from mood to mental capacity to physical well-being. And some studies show that just a couple of days of restricted sleep — four to five hours — result in a measurable reduction in performance.”





DETRIMENTAL DEFICIT

Sleep deficit does a number of egregious things to your physical performance, causing a decrease in max power, velocity and force, slower reaction times and greater perceived work effort. Surprisingly, however, these effects are not completely because of physiological impairment but rather from a decrease in cognitive ability and function as a result of that deprivation. Case in point: a 30-year study of National Football League game data indicates that teams who travelled across three time zones to play night games were 67 per cent more likely to lose, even when the point spread was factored in.

Since sleep debt negatively impacts an athlete's mood, drive and fatigue level, the sports and skills that require accuracy and focus will be those most impacted. "The scientific evidence indicates pretty clearly that sleep loss or disruption causes slower reaction times and diminishes both cognitive and emotional capacity," says Dr Benjamin Smarr, Ph.D., a Reverie sleep research expert at the University of California, Berkeley. "Even if your muscles are ready to fire after sleep deprivation, if your self-doubt and ability to react are off-kilter, your performance is at risk." Fatigue also can impair reaction time when playing a sport, potentially increasing your risk for injury.

"Athletes are constantly working on and improving their training and performance programs, but honestly, the secret weapon for success is sleep," says Jack Dell'Accio, CEO and founder of Essentia mattresses. "Athletes push their bodies to the extreme, and the only time they really have to repair themselves is at night, during sleep."

THE FAT FACTOR

When it comes to body composition, sleep debt scrambles up your hormones and makes fat loss a problematic endeavour. "Ghrelin [the hunger hormone] rises and creates cravings for carbs and fast energy, and leptin [the satiety hormone] decreases, reducing the feeling of satiety you get when you do eat," Winter says. This imbalance makes you more likely to reach for high-fat or high-calorie foods when it's time to nosh, and one study in the *American Journal of Clinical Nutrition* even showed that well-rested people ate on average 300 fewer calories per day than those who were sleep-deprived.

"Also, if you're not sleeping well, cortisol rises to help keep you alert," Winter adds. "Essentially, we stress ourselves awake." Cortisol is associated with fat storage and retention, and a recent study published in the journal *Sleep* found that sleep restriction boosts a chemical signal that increases the pleasure and satisfaction gained from

eating. This means that not only are you more likely to eat more because of your hormone imbalance, but that the experience will be so pleasurable that you'll also want to eat more.

THE NATIONAL DEBT

How much sleep you actually need is a matter of eternal debate, and while some people get away with six hours a night, others need 10 or more. "Sleep need is as genetic as eye colour, so when you ask how much sleep you need, the only true answer is 'enough'," Winter says.

There are actually dozens of genes associated with sleep quality and quantity, and these differ from person to person, so truthfully there is no one-size-fits-all Rx for the number of hours of sleep you should get. The rule of thumb from Winter and other researchers is that if you feel well-rested and energised during the day, you're probably getting enough. If you're falling asleep on the way to work or crashing out before *The Block* begins, you probably need more.

That being said, it's not that simple in practice, since many of us have a terminal case of social jet lag — where the demands of life and social activities continually interfere with the amount of sleep we get.

Often, our innate needs are not met and if you're someone who needs eight or nine or 10 hours to fully recuperate and recover, you're probably in trouble.

QUALITY CONTROL

Though there are varying opinions on this, most experts agree that it's best that your sleep cycles be contiguous. "Our brains don't do a great job of getting into a deep-sleep state if we keep waking up," Winter says. "If you subdivide your sleeping hours into four or five at night and take a nap during the day, you'll benefit less than you would with six or eight straight hours of sleep."

A typical sleep cycle lasts about 90 minutes, with approximately one hour dedicated to non-REM, slow-wave sleep and 30 minutes to REM dream-state sleep, and ideally you'll experience several individual sleep cycles during the course of a good night's sleep.

During non-REM sleep, your pituitary gland is super active, releasing growth hormone to stimulate tissue repair and restoration, boost metabolism and increase aerobic capacity. This is also when you build bones, increase blood supply to muscles, restore energy and bolster your immune system. Age can make you sleep less soundly, leading to poor non-REM sleep, and of particular note to athletes, a large increase in training volume can cause a disruption in sleep patterns here, prohibiting your body from properly repairing itself.

During REM sleep, you focus on the brain, improving function, facilitating memory consolidation and experiencing dreams. Sleep that lacks a REM phase is non-restorative, meaning you'll feel fatigued and will have impaired memory and a reduced ability to learn. "It also affects your perception of pain, meaning that if two athletes incur the same injury, the less-rested one will feel it more intensely than the one who got enough sleep," Winter explains. Poor REM sleep also can lead to overtraining over the long term because your central nervous system — led by the brain — does not get a full reboot.

REVERSE AND MITIGATE YOUR DEBT

The good news is that any damage — mental or physical — caused by lack of sleep is easily reversible by simply logging more zzz's. "The very first night you get eight hours instead of five or six you'll feel better and will have significant mental and

BENEFITS OF SLEEP

1. Improves memory
2. Curbs inflammation
3. Improves immune function
4. Encourages creativity
5. Reduces your risk for heart disease, heart attack, obesity and diabetes
6. Reduces stress
7. Sharpens focus and attention
8. Decreases susceptibility to illness
9. Promotes weight loss

physical benefits," Winter says. "The real question is how long will it take you to repay the debt? Likely several days to several weeks before you're peaking in performance once more."

There are many non-pharmaceutical ways to develop good "sleep hygiene" and increase your sleep quality and quantity, starting today. Implement them into your daily routine and be on your way to a leaner body, more intense workouts, heavier lifts and improved mental performance, on and off the field.

► **Stick to a schedule.** According to the National Sleep Foundation, going to bed and getting up at the same time helps regulate your circadian rhythm, or sleep/wake cycle. Set a realistic bedtime that fits with your schedule and try to stick to it, even on the weekends, Winter advises. If you're still wide awake when bedtime comes, don't stress; do something relaxing such as reading a book or taking a bath. Contrarily, if you're nodding off before your prescribed sack time, get up and do something mildly stimulating, such as folding laundry or tidying up.

► **Power down.** The blue light emanating from computers, phones, televisions and tablets increases brain activity at a time when you're supposed to be winding

down, reducing the production of the sleep hormone melatonin, disrupting sleep patterns and decreasing the amount of REM sleep you get, according to a Harvard Medical School study. And while reading is an excellent option for relaxation, choose a good old-fashioned book rather than a backlit e-reader, which can be just as disruptive as a tablet or phone.

► **Mattress mayhem.** Even the best mattress has a life span of about 10 years before it gets lumpy, bumpy and frumpy. If yours has exceeded its useful life span, it's time to shop for a new one.

► **Control your environment.** A cooler bedroom — in the range of 15 to 20C — is the ideal temperature for sleeping. Your bedroom also should be quiet and relaxing and, aside from your significant other, no one else should inhabit your bed. Sure, it's lovely to snuggle with your pets and kids, but all those extra arms and legs (and tails!) could ultimately prevent you from getting a restful sleep.

► **Learn to relax.** Ruminating, worrying and planning at night when you should be sleeping can cause insomnia. End your day with deep breathing, which has been shown to stimulate the parasympathetic nervous system, promoting relaxation and calm. To practise, inhale slowly for two seconds, hold for two seconds, then exhale slowly for four seconds. Repeat.

► **Rein in your vices.** Smoking, caffeine and alcohol are the three most notorious sleep vampires: nicotine and caffeine are stimulants, preventing you from falling asleep or sleeping soundly, and should be curtailed in the early afternoon. Smokers are also four times as likely to report feeling tired when they wake up as non-smokers, and even though a wine before bed might initially help you relax, it suppresses certain neurotransmitters, preventing you from entering REM sleep and leading to poor sleep quality.

► **Make your bed.** A poll from the National Sleep Foundation found that those who make their beds in the morning are more likely to report getting a good night's sleep. Though uncertain why, they theorise that perhaps making your bed restores order and reduces clutter, which helps reduce stress.



SLEEP DEBT NEGATIVELY IMPACTS AN ATHLETE'S MOOD, DRIVE AND FATIGUE LEVEL.

Are you ADDICTED to 'the chase'?

We keep it real here at *Oxygen*, so when one of our ambassadors **Danielle Appi** submitted an article entitled 'Are you addicted to fitness?' we knew we had to spill. While there are many grey areas, there is certainly a distinct difference between taking action and falling into the addiction category.

You know the saying, "nothing worth having comes easy." No? How about a "girl's gotta earn her stripes?" Still nothing? You're right! These two sayings from days long past are very quickly losing their meaning and relevance in an era of excess where people expect the maximum rewards for the minimum effort, in the shortest time possible. We have developed into a society with a sense of entitlement and people are under the impression that if they just believe in themselves strongly enough that success and rewards will fall into their lap.

Of course, luck and circumstances can play a hand in the good fortune of some, but the vast majority must take action, make mistakes, learn and grow before they can truly value their achievements and success.

Stop and think for a minute...when was the last time that you purposely put yourself in a position where you could possibly fail? A situation where you felt uncomfortable physically or mentally. I'm guessing it's not very often, rather it happens occasionally when life deals you a rough hand.

But what if life was not about avoiding discomfort? What if the more we put ourselves into the path of struggle and adversity, the more we grew and succeeded. And the richer we became, financially and spiritually?

Have you heard of the saying "destination addiction?" It's a phrase coined by British psychologist, Robert Holden back in 2011.

Have you ever found yourself saying or thinking, 'I'll just be happy when...?' "When I lose this last 5kgs", "When I win my next competition", "When I have more money", "When I get a new job". Any of this sound familiar?

And if you did finally reach that 'destination', how long were you happy there?

Destination addiction describes the state of mind that so many of us live in that stops us being happy in our current circumstances because we are so fixated on being somewhere else.

We live in a constant state of "the grass is greener", feeling unsatisfied and depressed because we are never where we think we should be, or 'deserve' to be.

As Holden rightly points out, "until you give up the idea that happiness is somewhere

else, it will never be where you are".

How sad to think that this is how most of us are living our lives. How many happy moments in time are you missing because you are always chasing, pursuing, running to the next place, instead of enjoying where you are now!

This then leads me to another mindset that I believe is currently creating so much damage today, which is our obsession with the need to be better!

Don't get me wrong, I too have encouraged people to be 'better' versions of themselves in my role as a PT, but the 'better' I refer to is generally a tangible improvement in their own health, fitness and well-being that can be measured and monitored and will ultimately add to their enjoyment of life and the length of life that they get to experience.

The 'better' I worry about is the one that women chase because they are constantly comparing themselves to other women and coming up short.

She has a better figure, earns better money, is in a better relationship, lives in a better house and drives a better car, has a better life!

This game of comparison, and the obsession with being better, is damaging to minds and bodies because there is ultimately no winner. In fact, Time Magazine last year reported that the more social media platforms a young person uses, the more likely he or she is to report depression and anxiety. They found that Instagram was the worst network for mental health and wellbeing, and its use was associated with high levels of anxiety, depression, bullying and FOMO, or the "fear of missing out."

Essentially, we want everything right now for free, but it needs to be better and we won't be happy until we get it. Can you see the disconnect? It's a never-ending merry-go-round of discontent, dissatisfaction, feelings of failure and general misery.

So how do we pull back from this dangerous precipice we are balancing on the edge of as a society?

1 We must acknowledge, celebrate and show gratitude for what we do have rather than fixate on what we have not.

2 We need to start enjoying our lives now!

3 We must stop looking at “BUSY-NESS” as a career goal or competition. Are you really a ‘better’ person because you are so busy? Are you a better mother, girlfriend, wife, boss, etc. because you have literally filled every minute of your day?

4 It’s only when we have put our heart, souls, blood, sweat and maybe even some tears into an achievement that we truly value what we accomplished. Anything that we receive for free comes at a price, and often that price is a true appreciation of it.

5 We must stop comparing what we have (or don’t have) with those on social media and letting other people’s lives define our own feelings of success and happiness. Live in the moment more and connect with our immediate, tangible surroundings – people, places, senses, feelings.

6 We must learn to be more concerned with how much we like ourselves rather than how many likes we can attract.

7 We must celebrate authenticity, realness and raw honesty.

8 We must learn to become children again. Remember what gave us the most joy when we were young. What we liked to spend time doing when we had no responsibilities, no sense of urgency and losing track of time was of no concern... and do more of that.

9 And finally, we must find happiness and value in life’s small pleasures by reconnecting with nature, with people we love, with simple tasks like reading a book, walking on the beach, creating something with our hands, moving, jumping, running, skipping, climbing and laughing until our sides hurt.





BACK PAIN

To train or not to train?

Back pain is normal and very common.

In fact, 80 per cent of people will experience an episode of back pain during their lifetime and the overall prevalence of lower back pain is found to be higher in women than in men. Ouch!

BY ANDREW WILD WILD PHYSIO FITNESS DIRECTOR

In happier news, most people will also see a significant improvement in their symptoms within the first two weeks of an acute episode of back pain and an estimated 85 per cent of people are fully recovered by three months. Only a very small number of people develop long-standing, chronic problems.

Pain is a complex phenomenon and may involve actual or potential tissue damage, but it is the alarm system of our body and it certainly demands our attention. When we experience pain, the alarm is telling your body that there is potential danger, but due to the complex nature of pain, it doesn't always correlate to damage.

Think about how much a paper cut hurts compared to a bruise. The paper cut doesn't look damaging but it hurts like hell while a bruise may look serious and may not hurt at all.

So, ladies, what should you do if you experience back pain?

Scans are rarely needed

Many BP and LBP patients are wrongly sent in for a scan to rule out anything sinister, which is time-consuming and often costly! Evidence suggests that scans only show something relevant and potentially disabling in less than 5 per cent of people with back pain. Too many health professionals are 'scan happy'.

The results of X-ray, MRI and CT scans don't typically correlate to the symptoms and can be detrimental to the healing process, as they increase a patient's fear and avoidance of activity.

Scans are only 100% necessary when a clinical exam reveals red flags. However, scans for low-scale back pain without indication of serious underlying conditions (red flags) have not been shown to improve outcomes and often show up things that are not linked with the pain they are scanning. These pathologies are often more an indication of ageing and genetics rather than serious damage.

MYTHS BUSTED

Back pain is caused by something being out of place

There is no evidence to suggest that back pain is caused by a bone or joint in the back being out of place, or your pelvis being out of alignment. For most people with BP or LBP, scans do not show any evidence of discs, bones or joints being 'out of place'.

In the very small number of people with some change in their spinal alignment, this

does not appear to be strongly related to back pain. Many people do feel better after undergoing treatments like mobilisations and manipulations. However, this improvement is due to short-term reductions in pain, muscle tone/tension and fear, NOT due to realigning of body structures.

Exercise is unsafe

Many people with BP and LBP are afraid of exercise and avoid it as they think it may cause them more pain and further 'damage'. This is (in most cases) not true and in many cases an excuse. Exercise is great and we know that it helps to keep you strong, fit and healthy, and it reduces pain and discomfort. Exercise strengthens muscles, lifts your mood and strengthens the immune system. If you still feel you are in too much discomfort to train as normal, do a few light exercises for a few days then get back to it! Walking, using the stairs, swimming, strength training (I get the best results with patients who start or continue strength training), cycling, Pilates and yoga are all great options. And remember to warm up and stretch afterwards for goodness sake!

Bed rest is the only option

In the first few days after the initial injury, avoiding aggravating activities may help to relieve pain. However, there is very strong evidence to suggest that keeping active and gradually returning to all usual activities, work and hobbies, is just as important in assisting recovery.

In fact, prolonged bed rest can sometimes be unhelpful in the recovery process and correlates with higher levels of pain, greater disability, poorer recovery and longer absence from work. The longer a person stays in bed because of back pain, the worse the pain becomes due to muscle inhibition, atrophy, increased fear, stiffness etc.

More back pain means more damage

More pain does not always mean more damage. Two people with the same injury may feel different amounts of pain. The amount of pain felt can vary according to factors including:

- ▶ The situation in which the pain occurs
- ▶ Previous pain experiences
- ▶ Fear
- ▶ Fitness
- ▶ Stress levels
- ▶ Ability to cope

Our nervous system can regulate how much pain a person feels. If a person has back pain, their nervous system may have

become hypersensitive and is causing the person to experience pain, even though the initial strain or sprain has healed. This can mean the person feels more pain when they move or try to do something, even though they are not damaging their spine. Once people with back pain can differentiate between the warning signals that they are feeling from actual damage or harm, it is easier to respond to treatment.

Surgery is necessary

Only a tiny proportion of people with back pain require surgery. Most people with back pain can manage it by staying active, increasing their strength, developing a better understanding of what pain means, and identifying the factors which are involved in their pain. This should help them continue their usual daily tasks, without having to resort to surgery.

On average, the results for spinal surgery are no better in the medium and long-term than non-surgical interventions such as exercise - and recent studies suggest that spinal fusion is no better than non-operative, conservative care in improving pain and disability in chronic low back pain.

Lifting and bending are NOT safe

People with back pain often believe that activities such as lifting, bending and twisting are dangerous and should be avoided. However, the research does not support an association between any of these factors and back pain. Of course, a person can strain their back if they lift something poorly or lift something that is heavier than they would usually lift.

While a lifting or bending incident could initially give a person back pain, bending and lifting is normal and should be practised to help strengthen the back. Just bend from the knees! Squatting and deadlifting are crucial movement patterns that every human should execute regularly in and out of the gym. This will build up tissue tolerance so that people can cope with day-to-day activities easily.

So, when should you return to training?

As soon as possible! Though maybe start light and avoid exercises or workouts that hurt too much. If the pain is above a 3/10 don't do it. If there is slight pain and it's a 3/10 and below, go for it. Use common sense and the recommendations of a physiotherapist to guide how much and how often you should exercise when returning to training from a back injury. ○

Ah, cravings, we've all been there! Sometimes, you just can't seem to get rid of the urge to eat an entire block of chocolate or a bag of chips. There are many reasons we experience the urge to consume certain foods, but did you know that often cravings occur because your body is lacking in particular nutrients? This can also happen when you are adjusting to a new way of eating, when your gut health is out of whack or when you're experiencing hormone imbalance. Here's a look at some of the causes of cravings and how to combat them.



A *healthy* TWIST ON YOUR FAVOURITE *treats...*

BY SAM WOOD RECIPES AND PHOTOGRAPHY BY THE 28 APP

Gut health

A popular topic at the moment and for good reason, having good gut health is incredibly important for your overall health and wellbeing. We have plenty of bacteria in our gut, both good and bad, and these are essential for our gut health and even our brain function. The bad bacteria in our gut LOVE sugar and feed off it. If you continue to feed the bad bacteria with sugar, then this can contribute to those cravings. Try to include fermented foods in your diet and keep stress levels low to promote good gut health.

Hormones

We all know that a bit of stress or feeling blue can cause us to reach for the ice cream. Keeping your stress levels low can help beat these cravings and allow you to make healthier choices. If you have a hormone imbalance, this could be the cause of any ongoing cravings. Emotional instability caused by hormone imbalances causes our body to naturally crave the foods that we think are comforting - hello sugar, salt and carbs! Eat real food, full of whole foods, and check in with a GP if you need advice about specific hormone issues.

Mindless eating

Probably the most common cause of cravings is mindless eating. So many of us eat while we watch TV, scroll through Instagram or even on our drive to work. When you do this, you're not aware of what's going into your body and your mind struggles to register that you've actually eaten. This can cause you to crave more. Try to eat mindfully, eliminate any distractions and pay attention to what you're putting into your body. The good news? Treats don't have to be off limits when you're working on your health and fitness. There are so many ways to tweak and twist your indulgent favourites to make them healthier without sacrificing taste. Don't believe me? Here are some of my favourite recipes from the 28 program that taste so good you won't believe they're healthy.



Vegan Snickers Slice

Ingredients: 12 medjool dates + ½ cup cashew nuts (natural) + ½ cup macadamia nuts +

½ cup almond butter (or peanut butter) + ½ cup cacao powder + ½ cup coconut oil (extra virgin) + ¼ cup maple syrup (100% maple) + 2 tsp vanilla extract + ¼ tsp salt

Directions: 1. To prepare the nougat layer, soak the macadamia nuts and cashews in warm water for 15 minutes. Drain the soaking water and put the nuts and 5 or 6 of the dates in a food processor. Blend until the dates are completely broken down and incorporated into a fine consistency. Lay out 12 small cupcake liners or 6 bigger ones and evenly cover each base

with the nougat. (1 roll small discs and then place into the cupcake liner). Place in freezer while working on step two. 2. To make the caramel, combine the almond butter with the remaining dates and process until combined. Add the vanilla, a dash of maple syrup and a pinch of salt and pulse until smooth. Roll into small discs and place evenly into the cupcakes on top of the nougat. Sprinkle some crushed macadamia and peanuts on top before adding the chocolate layer and press into the caramel. Place back in the freezer while making

chocolate.

3. Put the coconut oil in the microwave for 30 seconds in a bowl. Remove and mix through the cacao powder, remaining maple syrup and a teaspoon of vanilla extract. Stir until combined then carefully pour the chocolate syrup evenly onto the cupcakes. Sprinkle any remaining crushed nuts over the top for a garnish. Place the cupcakes in an airtight container in the freezer until ready to serve. Enjoy!

Ingredients: 1 cup coconut cream + 4 tbsp coconut oil (extra virgin) + 3 tbsp maple syrup (100% maple) + 1 tsp vanilla extract + 1.25 cups desiccated coconut + 1 cup raspberries + 1 tsp lemon juice + 50g 85% dark chocolate

Directions: 1.

Line a square dish (about 17cm) with baking paper.

2. To make the raspberry/coconut layer: place raspberries into a small pot with the lemon juice and 1 tablespoon of maple syrup and simmer for about 5 minutes, until soft and mushy. Allow to cool. 3.

In a different pot, gently melt creamed coconut with coconut

oil, stir in the remaining 2 tablespoons of maple syrup, vanilla, and a pinch of salt. Place the desiccated coconut into a bowl, pour the coconut mixture over, and mix well. 4. Add raspberry to the coconut mix and mix together, pour into your dish and smooth down. 5. Place into a fridge for about an hour, or a freezer for about 30 minutes, to set. 6. In the meantime, gently melt chocolate in a double saucepan and leave to cool. 7. Once set, remove from the fridge and drizzle melted chocolate on top. Put back into the freezer to set. Once chocolate is set, use a sharp knife cut into 16 squares.

Raw Coconut & Raspberry Bar





Moody's Butter Chicken

Ingredients: 125g chicken thigh fillets cubed + 35g rice (basmati) dry + 1/8 tbsp coconut oil (extra virgin) + 1/4

onion (red) diced + 1/2 clove garlic minced + 1/4 chilli (red) finely chopped + 1/2 tsp ginger (fresh) minced + 1/2 tsp coriander (ground) + 2/3 tsp cumin (ground) + 1/4 tsp cinnamon (ground) + 1 clove + 1/2 bay leaf + 70g tomato passata or puree + 75ml coconut cream + 1/4 tablespoon tomato paste + 10g kale finely chopped + salt & pepper to taste **Ingredients for serving:** 1 tsp coriander (fresh) roughly chopped, to serve + 1/4 lemon wedge **Directions:**

1. To cook rice: bring a saucepan of water to boil and prepare according to packet instructions. **2.** Meanwhile, heat oil in fry pan over

moderate heat. Add chopped onion, garlic, chilli and ginger. Stir until starting to soften.

3. Add spices, cloves and bay leaf to the pan and stir for a minute. **4.** Add chicken and stir until starting to brown. **5.** Pour in tomato passata, coconut cream and add tomato paste. Stir and allow to simmer with the lid on for 10 minutes. **6.** After 10 minutes, remove the lid from the chicken, add kale, stir and continue to simmer uncovered for a further 15 minutes. Season chicken to taste at this point. **7.** Once rice is done, drain and serve alongside the chicken. **8.** Top with fresh coriander and drizzle with fresh lemon juice if desired.



BLT Pizza

Ingredients: 1 wholegrain (or gluten-free) pita wrap + 1 tbsp tomato paste + 4 cherry tomatoes halved + 10g feta cheese + 25g ham (shaved) + 1 egg + 1/2 tsp thyme (dried) + 1/2 cup rocket leaves + salt & pepper to taste

Directions: **1.** Preheat an oven to 180°C. Line a baking tray with baking paper. **2.** Lay flat the wrap on the tray and spread with tomato

paste. **3.** Top the pizza with cherry tomatoes, feta, ham and thyme. **4.** Crack an egg in the middle of the pizza. **5.** Place in the oven for 10-15 minutes until the egg is cooked to your liking. **6.** Top with fresh rocket, season with salt and pepper and cut into pieces to serve.





Chocolate Cherry Ripe Cheesecake

Ingredients: 2 cups almonds + ½ cup shredded coconut + 1 tsp ginger, ground + 100g butter, melted + 1 tbsp rice malt syrup **Filling:** 1 tbsp I Quit Sugar Gut Lovin' Gelatin + ½ cup coconut cream + 100g cacao butter + 500g cream cheese + ½ cup rice malt syrup + ⅓ cup cacao powder + 1 cup cherries, pitted, roughly chopped (use frozen if out of season or substitute with blueberries or raspberries) + 100g dark chocolate, finely grated **Directions:**

1. Lightly grease a 22cm springform tin with butter. 2. Prepare base by placing almonds and coconut into a food processor. Blitz until you form

a crumb similar to almond meal. Add in the ginger, melted butter and rice malt syrup and blitz a few times until the mixture is coated in the butter and rice malt syrup. Press the mixture into the base of the greased tin. Place into the freezer to set while making the filling. 3. To prepare the filling, place gelatin powder and 60ml of water into a small cup or bowl. Mix until the gelatin becomes rubbery. Set aside. 4. Place the coconut cream and cacao butter into a small saucepan and place over a low heat. Heat until cacao butter melts. Add in gelatin and stir to dissolve. Set aside and cool

enough so that the mixture is almost at room temperature. 5. Next, place cream cheese, rice malt syrup, cacao powder, ¾ of the cherries and the gelatin mixture into a food processor. Blitz until smooth. Break up the remaining cherries into pieces and stir through the mixture. 6. Remove the base of the cheesecake from the freezer and pour in the filling. Smooth over the top with the back of a spoon. Place into the fridge and allow to set for 3 hours or overnight. 7. Once ready, top with grated dark chocolate. Slice into thin slices to serve.

Ingredients: ⅓ cup coconut flour + ½ tsp salt + 6 tbsp maple syrup (100% maple) + ½ cup coconut oil (extra virgin) melted **Ingredients for caramel centre:** ½ cup almond butter (or peanut butter) + ½ cup maple syrup (100% maple) + ⅓ cup coconut oil (extra virgin) melted + 1 tsp vanilla extract + ¼ tsp salt **Ingredients for chocolate topping:** ½ cup coconut oil (extra virgin) melted + ½ cup cacao powder + 4 tbsp maple syrup (100% maple) + 1 tsp salt **Directions:** 1.

Preheat the oven to 180C. Line a pan with baking paper.

2. In a bowl, mix

coconut flour, salt, maple syrup until all ingredients are mixed well and crumble. Pour in the coconut oil and mix until mixture thickens.

3. Press the dough into the pan. Bake until golden brown around the edges then allow to cool. 4. For the caramel centre, combine ingredients in a saucepan and heat until completely melted. Pour over the base and put in the freezer to cool. Once set you're ready for the chocolate layer! 5. For the chocolate layer, mix all the ingredients and pour over the caramel. Put back in the freezer until set.

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► FOLLOW CHYANNE AS SHE
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**CHYANNE
WEATHERBY**

Hometown:
Canberra, ACT
Age: 26
Height: 159cm
Weight: 61kg

A second chance *for change*

BY NICHOLAS HASTIE
PHOTOGRAPHY BY DALLAS
OLSEN HAIR AND MAKEUP
KAYLA CONNOR FITNESS
WEAR BOOST APPAREL

*The gym was both a place for pushing her physical limits and a social gathering for Canberra local **Chyanne Weatherby** – at least it was until she fell pregnant with her first child. Feeling an immediate shift in her demeanour, Chyanne watched her body change yet again and despite her efforts to remain positive, she felt her wellbeing declining and began to binge on sugary food for the immediate hit it provided. But as she found out, the rush lasted all but five minutes and soon she returned to a negative state of mind. Spiralling into depression and anxiety, she knew she needed to change her state and so took a ‘second chance’ at being her happiest and healthiest self. What did she have to lose?*

Prior to the birth of her daughter, Chyanne Weatherby was a regular at her local gym, finding the environment to be an entertaining ‘social venue’. She had been actively training for eight years and was feeling genuinely fit and healthy. Her passion for fitness flourished as she watched her body change and develop as her training progressed, a passion that continued to push her forward every day. However, as Chyanne’s family was about to grow, this inner drive began to fade and her wellbeing began to take a hit.

As her pregnancy progressed and she welcomed her daughter into the world, a year floated by with Chyanne unable to return to her training. Following the birth of Harper, and when she had reached 10 weeks post-partum, Chyanne was diagnosed with post-natal depression and anxiety.

“I gained close to 15 kilograms through pregnancy and had lost most of my muscle mass,” Chyanne says. “I was bingeing on junk food to keep my energy levels up and both my body and mental state took a toll.”

“I was in an extremely bad state of mind and I’m so thankful for my partner who pushed me to seek help.”

“I decided to get back into the gym as a way to make myself feel better after having Harper.”

After only a few days back in the gym Chyanne was feeling great. She began to feel her familiar passion return, along with her drive to push the limits and improve every day.

“I started back on the lightest weight for every exercise; due to having a caesarean section I was unable to lift anything heavy for a few months or do any core work.”

“After a few weeks of being back into it I was watching my weight drop, my strength increase, and my shape change. This ignited a fire in my belly that I’m yet to put out. I absolutely love training, watching my body change, and my happiness grow.”

“Flash forward one year and I feel AMAZING. I’m loving myself, loving my body and loving life for what it is. I can handle stressful situations with ease and when I do find myself getting stressed or in a

bad mood I head to the gym and all of my troubles go away.”

Chyanne had to overcome the life-altering experience of becoming a new mother coupled with a sudden onset of depression, anxiety and external judgement from her peers. Despite this, she was able to stay motivated thanks to her friends, family and her Instagram community.

“I had people who I thought were friends judging me for spending so much time at the gym, for portraying myself like I do on social media, and for speaking up about the struggles many women face after having babies.

“This has changed me. I now see who truly believes in me, I don’t tolerate negativity and I only surround myself with people who lift me up. It has helped me become the strong independent woman that I am today.”

“I want Harper to grow up knowing that whatever she wants to do in life is possible! That women can be successful in all that they do. I want her to know that her mum never gave up, even when times got hard; instead she pushed even harder to reach her goals.”

For women wanting to achieve this level of fitness but find themselves stuck in a similar situation, Chyanne offers up some advice and hints that sustainability is the key.

“If you want to get fit, ease yourself into healthy eating and training. If you jump straight into dieting and heavy/fast-paced training you’re more likely to quit when it gets too hard.

“So take it slowly, start adjusting your diet to have healthier options, find foods that you enjoy eating and that you can see yourself eating for the rest of your life. If you start a diet and you hate it, there is no way that you’re going to maintain it.

“As for training, if you haven’t got any idea how to train, what to do or what would be best for your body, speak to a personal trainer and request a few sessions. Being taught the correct technique will give you the best results and reduce the risk of injury.

“Don’t forget, it takes weeks, sometimes months to see changes in yourself, so keep it up, remain consistent, and once you start seeing results you’ll be glad you stuck it out.” ○

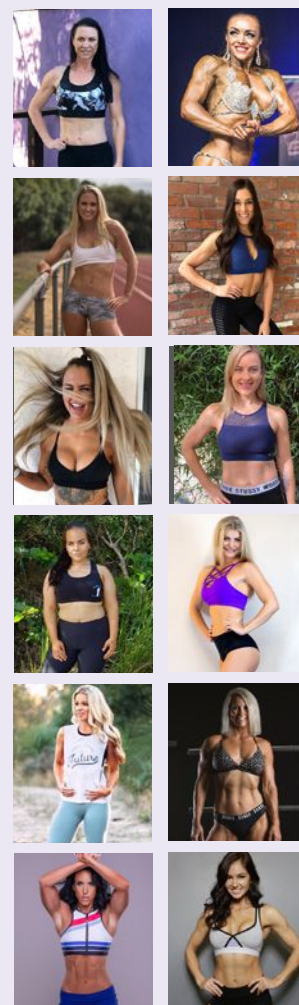
oxygen AUSTRALIA 2018 COVER GIRL Competition

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A huge thank you to all of our entrants in the **2018 Oxygen Covergirl Competition**. Your hard work and dedication to living the **Oxygen** lifestyle is truly inspirational! It is so clear how each and every one of you use health and fitness to enrich your lives. Every year the standard of entries gets higher, proving just how incredible and driven Oxygirls really are!

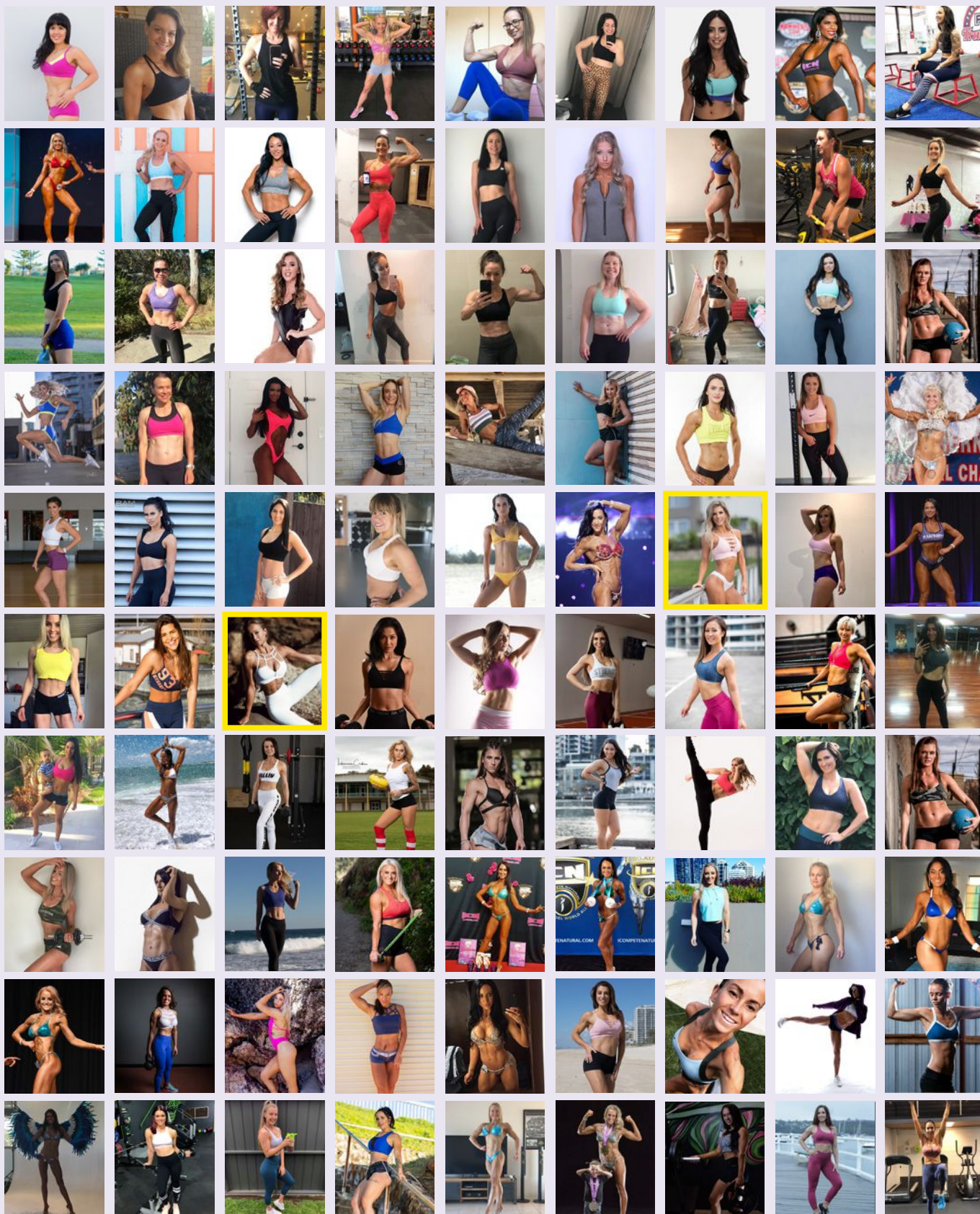
Each of you has inspired us with your entries and bravery to put yourself out there! Thank you so much again for entering and being an incredibly valued member of the **Oxygen** community. Keep chasing your goals and, who knows, next year it could be you!

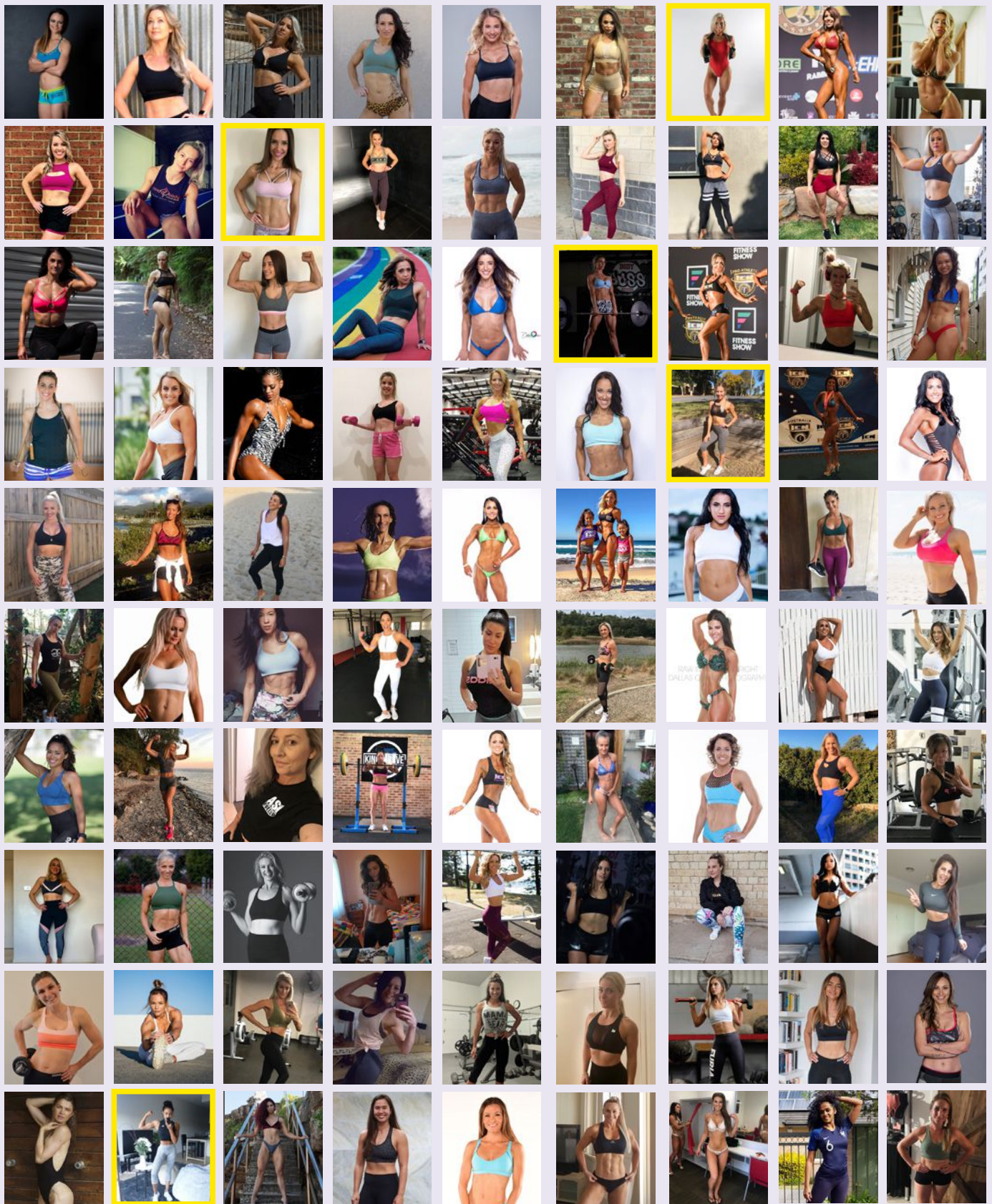


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BUILDING A COMMUNITY OF HEALTH

BY SAMANTHA GLASS & JASMINE ROLFE

The 'C' word: it affects 1 in 4 women in Australia. It is a disease that, in most cases, would never enter the mind of an 18-year-old. For Samantha Glass, however, it would become a reality early in her life. Shocked by her diagnosis, Sam knew she had to make some drastic changes to her lifestyle if she was to beat it.

My fitness journey began back in 2011. I had always been into sport, especially soccer, but I would not say I was healthy.

Before I started my health journey I was your typical 18-year-old at university; drinking an excessive amount of alcohol, going out, eating fast food at all hours of the day, sleeping little and partying a lot. This lifestyle continued for almost a year when I went in for my pap smear (I know every woman just cringed reading the words) - and the results weren't what I was expecting.

My doctor informed me that abnormal cells had showed on the pap smear, and

I was referred to a specialist for further treatment and a biopsy. I was only 18 and in a state of disbelief considering my age and general athleticism. I had no symptoms or signs that I was sick, which to me, was the biggest wakeup call that health starts from the inside out.

The biopsy came back as CN1 (which is the lowest stage of cancer) so they decided to remove it; but it wasn't overly urgent. By the time my procedure date arrived and I had the large loop excision of the transformation zone (LLETZ) procedure on my cervix, it had gone to a CN3 and possibly higher.

It was my Mum who encouraged me to have the pap smear. I went in completely oblivious of just how much my life was about to change.

Thankfully 6 months following my procedures, I was given the all-clear. But my gynaecologist informed me that I needed to start putting my health first and making it a priority to decrease the chances of it reoccurring, so in February 2012 I joined a

Bootcamp-style gym and took the first step.

I remember my first session: I could barely do a push-up. I felt sick after, I was dizzy and weak. A few weeks went on and even though most exercises I was struggling with, I had to trust the process and stay very focused on my goal of being healthy.

I became obsessed very quickly; it fed my competitive side. I had no limitations of what I could achieve, my physical results started coming through but for the first time in my life I was confident and was beginning to love my body and what we could do. I didn't exercise to be skinny, I exercised to live a healthier life.

I started to gain energy, my skin was clearer and my mental health was the best it had ever been. I was physically strong and fit and I had turned my back on the 'old' Sam. Alcohol became an 'occasional occurrence', I slept better, I developed a healthy routine and my body craved nourishing foods. I also had the confidence and self-belief to change careers, get out of a very toxic and harmful

relationship as well as surrounding myself with people who supported my journey, rather than raking me down.

I am no longer the girl who seeks everyone else's approval but now a strong woman to be the best version of me.

My new lifestyle all started with my training, developed into my nutrition and transformed my mental health.

Exercise gives me the motivation to go harder, faster and heavier; even when my muscles burn and I want to stop. I have taught myself to push through and I now know I can do anything I set my mind to, as clichéd as it sounds.

My diagnosis gave me a reason to do a full 360 on my life, and when throughout my pursuits of gaining my teaching degree, I realised it wasn't my path. I took my love for educating others and redirected it towards helping people become the best and healthiest version of themselves.

I decided to begin my Certificate III and Certificate IV in Fitness and Personal Training to better my own knowledge and be able to train more effectively and gained a position as a trainer at Blazefit in Toowoomba, Queensland. I began running my own women-only program which, to my surprise, boomed!

Exercise for me has got me through some of the hardest times in my life and now that I get to run a gym to provide this 'safe' place and help others change their lives too, I find this so rewarding. I have been in the industry for six years now and gained various qualifications along the way including a Diploma of Nutrition and Dietetics, a Core Speciality course, Exercise in Pregnancy course, I have Cert III in Childcare and an Associate's Degree in Education. You might say I have a thirst for knowledge.

A common question I'm asked is how do I stay motivated? My motivation comes in waves and occasionally fizzles out completely. Over the years, I have set goals to keep me motivated (such as a marathon, triathlon and other challenges) and it was my discipline for my daily health routine that got me through initially. Now, in 2018, I've been lucky enough to give birth to a healthy baby girl, Hayleigh. Nowadays she's my motivation.

Unlike most women, I had to have special scans during pregnancy to make sure my cervix was strong enough and thick enough to hold Hayleigh as she grew. There was a chance of miscarriage as they were concerned there could be damage after my diagnosis, but thankfully all was fine. This just reiterated in my mind the importance of leading a sustainably, healthy lifestyle from the inside out.

I also wanted to have the energy to be

the best mum I could be for her and to set the example and build a foundation of healthy habits for Hayleigh's future. That was my true motivation.

My other motivation is my clients at Slamfit, the gym I created with my husband Tim in Toowoomba. We have all walks of life in our gym and all on their own journey, which I love! We are very different from most gyms and I work really hard on having no cliques, stereotypes and creating a very supportive, encouraging group atmosphere. These people are the reason I get up at 4am every day and make me want to achieve more. It's very important to me to help as many people to see how amazing they are and what they are truly capable of. We live in a new world and it can be easy to lose yourself and who you are amongst our demanding lifestyles.

My favourite quote is 'Be Proud but NEVER satisfied' - so be very proud even if you get your body moving for a brisk 30-min walk, acknowledge it and celebrate it but don't be satisfied, now step it up, challenge yourself a little bit more, do 45-min next time and appreciate the process. Remember every day you won't see progress but progress is happening every day.

I wish I could tell 16-year-old Sam that it's okay to accept compliments and it's okay to accept you the way you are but still want to be a bit better.

In the health and fitness industry we are so fortunate to have an influencing energy and therefore I would love to see a change from what we look like (and the aesthetic features) to internal health. That's health for the lifelong game and exercising for other reasons besides that number on the scale. As much as we all want to look good I want women to have a deeper 'why'. I have worked with hundreds of women and each of them has been different in appearance and fitness level, but all of them have walked away with a purpose and a drive to lead a healthy lifestyle from the inside out.

Connect with Sam

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Slamfit Toowoomba or
Samantha Glass

Instagram:

@samanthaglass_slamfit
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Website: www.slamfit.com.au

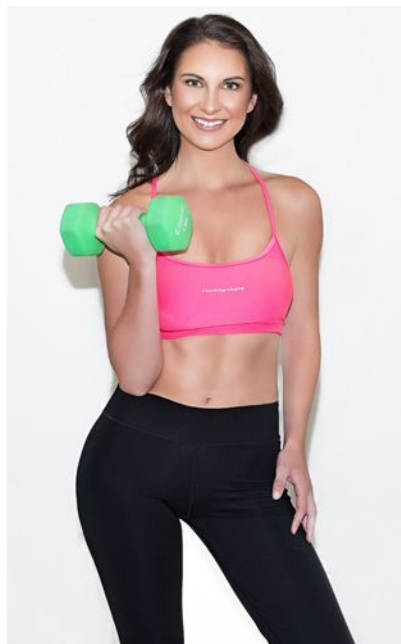


These five women have the drive that is the 'fit factor'.

Future of fitness

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Sophie Holland-Smith
Adelaide, SA
Height: 173cm
Weight: 56kg

On being active in her youth:

I played lots (and lots) of tennis! After school, I stopped playing tennis and started instructing the Body Attack (Les Mills) group fitness class at Goodlife gyms. Nowadays I am a physiotherapist and instruct Pilates.

Best tip: Mix up your workout and listen to your body! In my profession, I have realised the importance of exercise variation to make sure all important muscles of the body are being strengthened and toned. It is also important to listen to how your body feels - if you are having an off day, it is important to make sure you monitor your workout accordingly. If we don't, that's when injuries are likely to occur.

On Oxygen: I love seeing the success and joy that exercise can bring to so many people's lives; especially women! As a physiotherapist, it is great to see people being active and making it part of their lifestyle. Evidence continues to show the benefits of living an active lifestyle in reducing injury as well as for long-term health benefits.

Motivation to start: Becoming a mum completely changed my mindset. I wanted to get fit and healthy to ensure that my kids follow in the same footsteps. Around the same time I decided to start my fitness journey, my mum was diagnosed with lung cancer. I found exercising really helped me to cope with the stress and heartache I was going through watching her deteriorate. Sadly, she lost her battle with cancer in July this year.

When she works out: I work out first thing in the morning before work. I'm a morning person regardless, but this is also the only time training doesn't interfere with my family time. Evenings are 100% devoted to my kids and housework.

Cardio or weights: I started out my fitness journey mostly training cardio, long distance running specifically, but that led to multiple injuries. Since then I've switched things up to focus more on weight training for strength and I've never looked, or felt, better.



Maria Bond
Melbourne, VIC
Height: 160cm
Weight: 60kg



Holly Legge
Saskatchewan,
CANADA
Height: 165cm
Weight: 63kg

Balance: I have made it my job to prioritise my health. I specifically take time out of my week to prepare healthy meals and I schedule in workouts like they are my job! Being a healthy individual can be hard but I hold myself to a high standard and make it happen.

Favourite treat: My favourite cheat is likely caramel popcorn! I indulge infrequently, sometimes a couple of times a week but when I am preparing for a bikini show or a pageant, it's much less. I find sugar and high-fat foods derail me mentally, and I prefer to keep a diet that is cleaner!

Future plans: I hope to continue to compete in bikini contests as well as in pageants. I enjoy teaching others and hope to continue to influence and inspire other women to lead healthy lives and be the best versions of themselves.

Inspiration to start training: I started working out six days a week in 2005 for health reasons. I used to be very small and skinny so I needed to build muscle to strengthen my body. I also wanted to compete as a fighter and had read many inspirational stories on how working out and looking after your health can make a huge impact in your life.

Train alone or with a buddy: Depends on the training. I enjoy training with fighters and non-fighters for different reasons (fighters because it's more challenging for me and non-fighters because it gives me the chance to push and help others). I enjoy running alone because it helps me enhance my mental strength, visualisation and relaxation.

Workout plan: I am a boxer so my training involves a mix of things; technique work, running long distance, sprints (hills, stairs), sparring, pad work, skipping, shadow boxing, strength and conditioning.



Susie "Q" Ramadan
Melbourne,
VIC
Height: 161cm
Weight: 53kg



Kim Parrott
Frankston,
VIC
Height: 170cm
Weight: 65kg

Her role model: I follow numerous people on Instagram who I greatly admire. It is a bit corny, but I inspire myself with my past accomplishments. This is the only body I have. I can look at other bodybuilders and wish I looked like them, but ultimately, it is my body that I have to work with to make the best it can be.

Favourite exercise: Honestly, I love burpees. A friend and I are currently working towards doing an hour's worth, just because! They get your heart rate up and are a full body workout. In the gym, it's deadlift and hack squat. Deadlifts are a full body movement and quite powerful. Hack squat as it can really test your mental determination and I have experienced what great results you can achieve from it.

Best tip: Whatever your goal is, it needs to be yours and no one else's. In regard to competing, you have to want it passionately, to be able to put in the time and effort to succeed. You have to be willing to put in the time and the long hours behind the scenes that no one sees. Your coach and friends won't always be there pushing you along. Those early mornings or late nights after work are true tests of your dedication.

#OXYGEN EXHALE

What is your fitness inspiration? Whether it's your favourite workout, a run through the neighbourhood or your yoga mat, we want to see what inspires you. Share it with us on Instagram or tweet us using the hashtag #IAMOXYGEN or #OXYGENMAGAU and your photo could be featured in an upcoming issue of *Oxygen*!

1. **@stephbacelic** A When you want a minute to be alone with your Halo Top birthday cake tub to take a selfie for @halotopau and @oxygenmagau but your boyfriend constantly has to photo bomb... what do you do?

2. **@biancaballingerfitness** Saturday arvo chillax time with a hot cuppa and my favourite health and fitness magazine is now in progress!

3. **@mellissah_jade** Meal prepping like a boss! Food I actually want to eat instead of dried out chicken and veg!

4. **@she.est2000** Necessities for survival: Oxygen, water and food!

5. **@holly.brownlie** This is me a year after having my first baby, thrilled that with a bit of discipline and establishing some good habits you can be as fit and healthy post-baby as pre-baby.

6. **@kerry_mcnaught03** Protein pancake topped with coconut yoghurt, strawberries and @macr0mike PB! So good!

7. **@marina.fit.mama** Hit my PB of 95kg... wait! Scratch that! @_kevinyuan said the bar is 20kg!

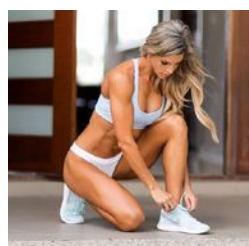
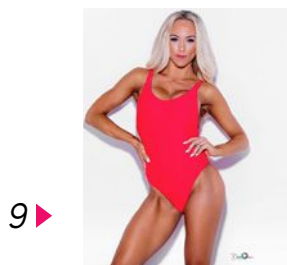
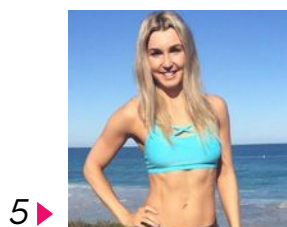
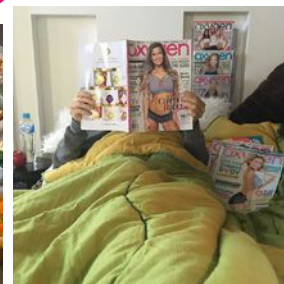
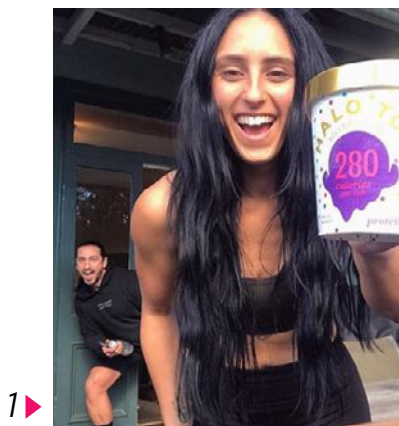
8. **@suzanna_petrich** What my soul is craving right now (while I am eating some egg whites). I think this is what I am going to have after my next comp! Just simple - good bread, peanut butter and bananas.

9. **@laceyliveactive** Turning 36 ain't that bad! You are only as old as you tell yourself. Giving myself goals at 36 that my 26 year old self was too scared to give.

10. **@fit.fearless** Life is too short and happiness is too rare. So get excited about anything that makes you remotely happy.

11. **@tenille_duncan** Resilience is something we all need to learn. When we don't get what we want or even worked for, a lot of us seem to give up too easily. Learn from your experience and get better at your process... and progress will follow

12. **@bridie.jane** Top-knot... double shot kind of day! O



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Go to our website for up-to-the-minute news on health and fitness, plus we post new workouts, moves, and recipes every day! Here's a small taste of what we have in cyberspace in November and December.

Trailblazer Trinity

She was awarded her own category and now Trinity Cook is the world's first fitness model with Williams Syndrome.

Funny, caring, friendly and dedicated... these are just a few of the words that can be used to describe 18-year-old Trinity Cook; one of the quirkiest and most inspiring people you could ever meet. Diagnosed as a baby with a rare genetic condition called Williams Syndrome, Trin (as she prefers to be called) has had her share of challenges. Williams Syndrome is a random mutation which affects an estimated 1 in 10,000 people worldwide, resulting in the deletion of several genes including the elastin gene on chromosome 7.

This shortage of elastin causes certain features common to people with WS including heart defects, intellectual deficits, distinctive facial features and some unique and interesting personality traits. People with WS have a very friendly, endearing and highly social personality, and tend to love music with a passion which tugs at their heartstrings. They are caring and don't feel intimidated by anyone, leading to some very funny situations. Trin had many operations as a small child including open heart surgery at age 2, a turned eye, bowel prolapse and hernia operations.

Trinity is very aware of her condition and in her teens made the decision to look after her health – by starting personal training. Young people with WS often have low muscle tone and joint laxity and as they get older, joint stiffness can develop. Physical therapy is extremely helpful in improving muscle tone and strength and range of motion in joints. Trin had developed rounded shoulders and poor posture and urgently needed to strengthen her back and chest.

Fast forward to today and she is currently

in Year 12 at a mainstream school and has managed by being on a modified life skills program. Understandably feeling a little different to her peers, her confidence needed a boost, so at 16 she started personal training with Angie Moore of Move.Live.Be. Health and Fitness twice a week. With a varied program of targeted weight training and light cardio, her body rapidly gained strength, toned up and very importantly, her posture improved dramatically. Trin took to gym life like a duck to water and can be regularly seen boogying to music in between weight sets and having a cheeky laugh with the staff and other gym members. Angie has had many laughs watching Trin's cheeky antics and they quickly developed a close bond.

Before long, Trin started to feel amazing physically and mentally. Her confidence soared, she felt stronger and as she reached adulthood in early 2018, she decided with Angie's very experienced guidance, to compete as a sports model with ICN in Brisbane. The organisers even created a division in her honour! After spending the morning getting glammed up and stage-ready, Trin walked on stage like she owned it! She proudly won a trophy, which was a dream come true, and in that moment touched everyone in that auditorium with her happy tears, beautiful smile and inspirational story.

Trin hopes to inspire people young and old with all types of challenges to take up a lifestyle of becoming fit, healthy and strong regardless of their impairments. **O**



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